

ROLLED HULLESS OATS: COOKING INSTRUCTIONS

STOVETOP:

Mix 2:1 (water: oats) and simmer, stirring occasionally for 20-30 minutes, depending on desired tenderness.

MICROWAVE:

Combine equal parts of oats & water in microwave safe bowl and let stand for 30- 60 minutes in cool place. Microwave until hot, stir, let stand until cool enough to eat.