

# OATMEAL PREPARATION CHART

## **STEEL CUT OATS:**

Number of servings: 4  
Serving size:  $\frac{3}{4}$  cup cooked oatmeal  
Amount of water or milk: 4 cups  
Amount of oats: 1 cup  
Cooking Time: 30 minutes

## **OLD-FASHIONED ROLLED OATS:**

Number of servings: 4  
Serving size:  $\frac{3}{4}$  cup cooked oatmeal  
Amount of water or milk:  $3\frac{1}{4}$  cups  
Amount of oats: 2 cups  
Cooking Time: 5 minutes

## **QUICK OATS:**

Number of servings: 4  
Serving size:  $\frac{3}{4}$  cup cooked oatmeal  
Amount of water or milk:  $3\frac{1}{2}$  cups  
Amount of oats: 2 cups  
Cooking time: 1 minute