

DELICIOUS OATMEAL



8 cups water

4 cups "quick, 1 minute" oats

1 tsp salt

*2 cups applesauce

1 tsp cinnamon

1/3 cup brown sugar

In a large saucepan, heat water, oats and salt until boiling. Turn heat to low. Stir in applesauce and cinnamon. Cook on low heat one minute, stirring constantly. Pour into individual bowls. Sprinkle brown sugar on top.

Note: Although oats are gluten free, they may have been processed on machines that have processed wheat products and cross contamination may have occurred.

Serves 8