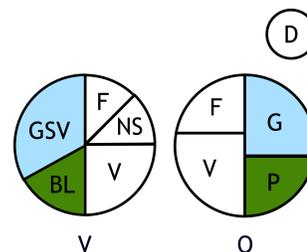


STOVE, FIRE



Oatmeal

One serving

Tools

Pot

Cooking spoon

Cooking Tub Staples

Salt

Ingredients

1 1/2 dl (2/3 cup) rolled oats

3 dl (1 1/3 cup) water

Salt to taste

(optional) Raisins, walnuts, prunes, raisins, or canned sour cherries (reduce water by 1 1/2 dl if using canned cherries)

Plant or dairy milk for serving

At Camp



1. Arrange a relatively clean cooking preparation area away from any raw meat and eggs you may also have brought.



2. Wash your hands.

3. Measure out the oats and water (and any add-ins you want) in the pot.



4. Bring to a boil and simmer for 1-3 minutes.

5. Serve with plant or dairy milk.



