

Oatmeal Drink

1/4 Cup Water

5 tbl. Long Cooking Oats (raw), bring just to boil, remove from heat

add the following

Cinnamon (to taste)

Vanilla (to taste)

8 ounces milk (any kind)

Blend with ice

Drink three times a day

NOTE: IF YOU WANT ADD FRUIT (Bananas, etc)