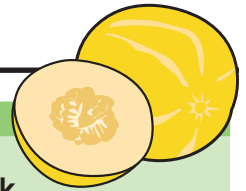


Oatmeal with Cantaloupe



Ingredients:

- rolled oats
- 1% or fat-free milk
- cantaloupe cut into small pieces
- pinch of salt

Directions:

- 1 Follow the box instructions for the ratio of water to oats.
- 2 Bring water to a boil and add a pinch of salt.
- 3 Slowly add oats. Cook for one minute, stirring.
- 4 Cover and remove from heat. Let stand 1 to 3 minutes or until oatmeal has reached desired consistency.
- 5 Add milk and small pieces of cantaloupe.



Oatmeal with Cantaloupe continued

Tips:

To prevent young children from choking, cut cantaloupe into pieces no larger than ½ inch.

