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OATMEAL

2 cups of Oatmeal
2 cups organic thick rolled or steel cut oats
water to cover $\frac{1}{4}$ cup whey

Mix all ingredients together until moist and allow to stand at room temperature overnight.

Store in refrigerator until ready to use.

To prepare add one cup of soaked oatmeal and $\frac{1}{2}$ - $\frac{3}{4}$ cup of water or milk (amount may vary depending on desired consistency) and heat gently on stove. Oatmeal will cook almost instantly.