



Wake-Up-Call

joey schultz
office-ready oatmeal

Keepin' it simple.

Ingredients:

1 packet of instant oatmeal
1/4 cup of water
sugar or maple syrup to taste
1 bowl
1 microwave

Directions:

- Mix water into bowl with oatmeal.
- Put in microwave for 1 minute.
- Stir in sugar or maple syrup.
- Eat.