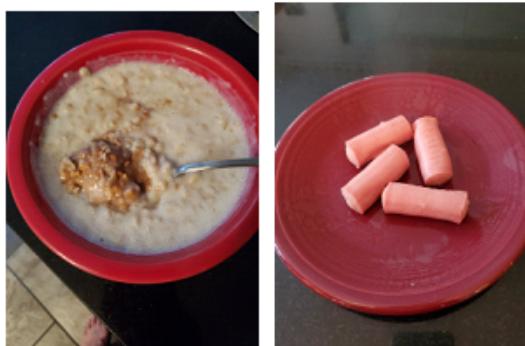


## Nutty Oatmeal & Sausage



### Ingredients:

- ◆ Oatmeal
- ◆ Milk or water
- ◆ Peanut butter or any nuts (Karr's nuts)
- ◆ Vienna sausages, canned ham or spam

### Directions:

- ◆ Prepare oatmeal with milk or water, using package directions.
- ◆ Mix 2 Tablespoons of peanut butter or nuts with the oatmeal..
- ◆ Microwave several Vienna sausages or pieces of canned ham or spam for 1 - 2min on a plate.
- ◆ ENJOY!!

