

Peachy Oatmeal & Ham

Ingredients:

- ◆ Oatmeal
- ◆ Milk or water
- ◆ 1— 4 oz Can fruit cocktail or any canned fruit
- ◆ Canned ham, Vienna sausages or spam



Directions:

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

