

How to Make Rolled Oats

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Co-authored by **wikiHow Staff** and **6 contributors**

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Use rolled oats, also known as old-fashioned oats, to make a fast, delicious bowl of oatmeal. If you're craving something nice and hot for breakfast, or maybe to warm you up on a chilly, rainy afternoon, you can whip up this timeless classic bowl of porridge in no time. Once you prepare the oats, your bowl of oatmeal is a perfect base for you to top with whatever sweet and nutritious additions you like. Keep it simple or get creative to wow your tastebuds—or your breakfast guests!

Things You'll Need

■ Stovetop Rolled Oats

- ☐ Pot
- ☐ Measuring cup
- ☐ Large spoon
- ☐ Serving bowl

■ Microwave Rolled Oats

- ☐ Microwaveable bowl
- ☐ Measuring cup
- ☐ Spoon
- ☐ Serving bowl

Ingredients

■ Stovetop Rolled Oats

- ☐ 1/2 cup (45 g) of rolled oats or old-fashioned oats
- ☐ 1 cup (250 mL) of water or milk
- ☐ 1/8 tsp (0.75 g) or a pinch of salt (optional)

Makes 1 serving of oatmeal

■ Microwave Rolled Oats

- ☐ 1/2 cup (45 g) of rolled oats or old-fashioned oats
- ☐ 1 cup (250 mL) of water or milk

Makes 1 serving of oatmeal

Method 1 of 3: Stovetop Rolled Oats



1 Boil 1 cup (250 mL) of water in a pot on your stove. Measure out 1 cup (250 mL) of water and pour it into a pot, then grab a pinch of salt and toss it into the water. Set the pot on a stovetop burner and turn the heat on to high, then wait for the water to boil.^[1]

- The ratio of water to rolled oats to make oatmeal is always 2:1, so you can easily scale this recipe up to make more servings. For example, use 1 cup (90 g) of rolled oats and 2 cups (500 mL) of water to make 2 servings.
- A pinch of salt is about 1/8 tsp (0.75 g) or a little less. The salt is optional, but it helps bring out the flavor of the oats when you cook them on the stovetop.
- You can substitute milk for some or all of the water to make your oatmeal creamier.



2 Stir in 1/2 cup (45 g) of rolled oats and wait for the oatmeal to boil again. Measure out 1/2 cup (45 g) of rolled oats using a measuring cup and pour it into the boiling water. Stir the oats into the water and wait a few seconds until the mixture returns to a boil.^[2]

- You can also add the oats to the water at the beginning and bring everything to a boil at once. It doesn't really matter, but it might take a bit longer to boil initially.



- 3 Reduce the heat to low and simmer the oatmeal for 3-5 minutes until it thickens.** Turn the burner's heat down to low, so that there are a few bubbles in the oatmeal every second or two. Use a large spoon to stir the oatmeal occasionally for 3-5 minutes until it's a thick, even consistency.^[3]
- You might have to play with the heat on your specific burner to get the oatmeal to simmer perfectly. If it's not bubbling over low heat, try turning up the heat to medium-low or medium.



- 4 Remove the oatmeal from the heat and let it cool down for 2-3 minutes.** Turn off your stove and transfer the pot to a cool burner or another safe surface. Let it rest for about 2-3 minutes, so it's not blazing hot when you serve it.^[4]
- You could use this time to start preparing all your tasty toppings.



5 Transfer the oatmeal to a serving bowl. Use your large spoon to scoop the oatmeal out of the pot. Put the oatmeal in a serving bowl, sweeten it if you want and add any desired toppings, then enjoy! [5]

- If you scaled the ratio of oats and water up to make more than 1 serving of oatmeal, divide it accordingly among several bowls. For instance, if you doubled the recipe, divide the oatmeal evenly between 2 bowls.

Method
2

Method 2 of 3: Microwave Rolled Oats



1 Combine 1/2 cup (45 g) of rolled oats and 1 cup (250 mL) of water in a bowl. Measure out the oats and the water using a measuring cup and pour the ingredients into a large microwave-safe bowl. Give the oats and water a quick stir using a spoon to mix them together. [6]

- You can use milk instead of water or use a mixture of milk and water for creamier oatmeal.
- Make sure the bowl has a capacity of at least 2 cups (500 mL), so the oatmeal doesn't spill over the rim when it bubbles up.
- You can scale up this recipe by keeping the ratio of oats to water the same. For example, you can use 1 cup (90 g) of rolled oats and 2 cups (500 mL) of water to make 2 servings. Just make sure you also scale up the bowl accordingly.



2 Microwave the oats and water on high for 2, then check the consistency. Stick the bowl in your microwave and set the power to high. Set the cook time for 2 minutes and start your microwave. Check the consistency of the oatmeal after the 2 minutes are up and remove it if it's thick after 2 minutes.^[7]

- Always cook rolled oats uncovered in the microwave or you might end up with a mess in there.



3 Cook the oatmeal for an additional 1 minute if it hasn't fully thickened. Set the cook timer on your microwave for 1 minute. Start the microwave and let the oatmeal finish cooking, then remove it when the microwave turns off.^[8]

- Rolled oats shouldn't ever require more than 3 minutes to fully cook and thicken in a microwave.



- 4 Stir the oatmeal before serving.** Carefully take the bowl out of your microwave using an oven mitt or glove. Set it down on your counter and stir it up well with a spoon. Sweeten the oatmeal and add toppings as desired, then dig in!^[9]
- Microwaves have hot and cold spots, so this ensures that your bowl of oatmeal is evenly warm throughout.

Method
3

Method 3 of 3: Adding Sweeteners and Toppings



- 1 Sweeten your oatmeal with brown sugar, honey, or maple syrup.** Sprinkle about 1 tsp (4.17 g) of brown sugar on top of your oatmeal for a classic sweetener. Drizzle your bowl of oatmeal with about $\frac{1}{2}$ –1 tsp (2.5–4.9 mL) of honey or maple syrup or to taste for an alternative sweetener.^[10]
- Feel free to mix sweeteners if you want! For example, you could use $\frac{1}{2}$ tsp (2.5 mL) of maple syrup and $\frac{1}{2}$ tsp (2.29 g) of brown sugar for a delicious combo.



2 Pour a splash of your favorite milk or creamer on top of your oatmeal. Use whatever milk or creamer you have handy to add some creamy goodness to your oatmeal. Just pour it on top of the oats slowly until you add as much as you feel is enough.^[11]

- You can also substitute your favorite non-dairy milk, such as almond milk, if you don't do dairy or prefer the taste of a milk alternative.
- If you're on a diet, go for something like low-fat or nonfat milk.



3 Top a serving of oatmeal with a pat of butter for a rich, creamy dairy addition. Slice a small square of butter off a stick of butter and put it in the middle of a hot bowl of oatmeal. Let it melt and stir it into your oatmeal as you eat it to enhance the flavor.^[12]

- You can combine this with a splash of cream and a sprinkle of sea salt for a nice savory bowl of oatmeal.



4 Try adding warm spices like cinnamon, cardamom, nutmeg, or ginger. Start by sprinkling on about 1/8 tsp (0.75 g) of any warm spice you want to try. Stir it in as you eat your oatmeal to flavor the whole bowl.^[13]

- Get creative and experiment with combining different spices to create a unique blend that suits your tastes.
- You can also use store-bought warm spice blends, such as pumpkin spice.



5 Top oatmeal with your favorite fruits for added flavor and nutrients. Try adding a handful of fresh or frozen berries like blueberries, raspberries, or sliced strawberries. Cut up some fresh fruit like an apple or 1/2 a banana and add that to your serving of oatmeal.^[14]

- You can also use dried fruits like raisins, cranberries, and dried apricots as toppings. It's totally up to you and your personal preferences.



6 Try your oatmeal with nuts and seeds to add some crunch and protein. Put a small handful of almonds, pecans, walnuts, peanuts, or any other nuts you have handy on top of your bowl of oatmeal. Sprinkle some sesame seeds, flax seeds, or chia seeds on top for another crunchy and healthy option.^[15]

- Try thinking about your favorite pastries or desserts and the flavor combinations they use to pair nuts with other ingredients. For example, pecans go very well with maple, brown sugar, and cinnamon.



7 Put a scoop of peanut butter in your oatmeal for a creamy, nutty topping. Pick a jar of your favorite creamy or crunchy peanut butter. Dig a scoop out and plop it right down into your oatmeal. Stir it in as you eat to flavor every bite!^[16]

- If you're using creamy peanut butter, you could add a small handful of roasted peanuts for some crunch.
- You could also use another nut butter like almond butter if you prefer.



8 Stir chocolate chips into your oatmeal to get your chocolate fix. Sprinkle a small handful of chocolate chips on top of a warm bowl of oatmeal. Stir them in as you eat the oatmeal so the chocolate melts into it.^[17]

- You could also try stirring in a spoonful of cocoa powder to infuse your whole bowl of oatmeal with chocolatey flavor.



9 Mix about half a scoop of protein powder into oatmeal to add protein. Use the scoop provided with your protein powder of choice to measure out half a regular scoop. Dump it into your oatmeal and stir it in thoroughly.^[18]

- You can use flavored protein powder like chocolate or strawberry protein powder to add more flavor to your oatmeal as well.

Video [Read Video Transcript](#)

<https://www.wikihow.com/video/2/2e/Make+Rolled+Oats+Step+0.1080p.mp4>



Tips

- There aren't really any limits to what you can top oatmeal with. Try all kinds of different combinations and take note of your favorites to come up with your own unique oatmeal recipes!



Warnings

- Be careful when you handle a bowl of oatmeal after microwaving it and use something to protect your hands. The bowl is hot!

References

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wikiHow Staff
wikiHow Staff Writer

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