

BAKE WHILE YOU SLEEP OATMEAL

1 C Steel cut oats or Irish Oatmeal

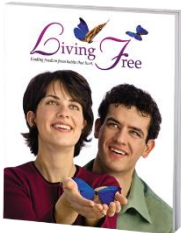
4 C Water

Dried fruit, coconut, and sweetener, as desired.

Place in a covered dish. Bake for 1 hour at 350°.

Place a baking sheet under the cooking dish just in case it boils over. Set oven on time bake to start one hour before you get up in the morning.

From [Living Free](#), p 299.



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