



# THE WEDNESDAY CHEF

## **Oatmeal with Butter, Walnuts and Demerara Sugar**

*Serves 1*

1/3 - 1/2 cup rolled oats (depending on how hungry you are)

Pinch of salt

5 - 8 walnuts (depending on how hungry you are)

1 to 2 teaspoons salted or unsalted butter

2 teaspoons raw (demerara) sugar

1. Place the oats in a small sauce pan with twice as much water. Add the salt. Bring to a boil and cook, stirring, until the oatmeal is the consistency you like. Scrape into a serving bowl.
2. Crack the walnuts and crumble them with your fingers over the oatmeal. Top with the butter and sugar.
3. Eat. The recipe is easily doubled, tripled or quadrupled.