DIY Instant Oatmeal Mix Meals

Categories: General, General Prepping, Recipes

We have posted about DIY dehydrated meals and mixes before, see:

- [Dry Pre-Measured Complete Meals In Jars (just add water and cook!)](http://knowledgeweighsnothing.com)
- [472 Dehydrated Complete Meals In Jars](http://knowledgeweighsnothing.com)
- [How To Make Your Own Dehydrated Meal Packs](http://knowledgeweighsnothing.com)
- [Dry Pre-Measured Complete Meals In Jars: Rice Mixes](http://knowledgeweighsnothing.com)

Today we are talking DIY oatmeal mixes stored in packets or jars. When you are ready to eat simply add boiling water and you have an all natural, delicious and nutritious meal. There are 12 different recipes to choose from and all are full of fruit, nuts and seeds, there is nothing synthetic in these mixes. These are obviously great for breakfasts on the go, but I also think they could work well for emergency food storage and camping/hiking etc. Head over to ‘The Yummy Life’ below and get hold of these great recipes.
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(Photo from: The Yummy Life)