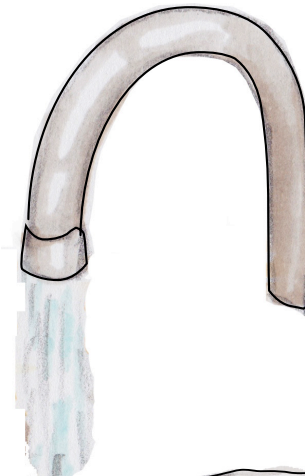
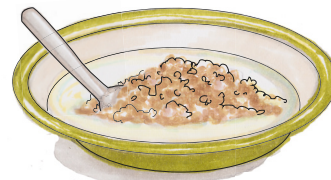
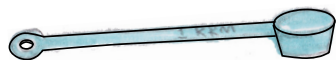
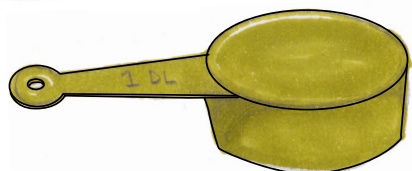
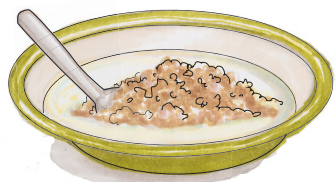


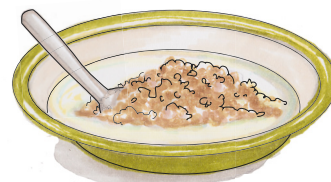
**Gröt**



**Ingredienser**



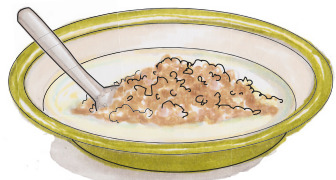
**Redskap**



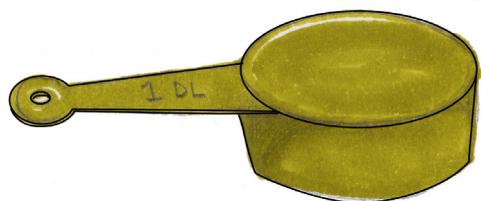
1



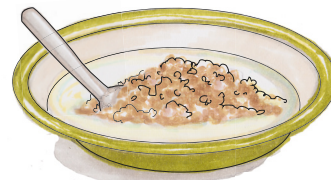
**MÄT** upp 4 matskedar  
havregryn i en kastrull.



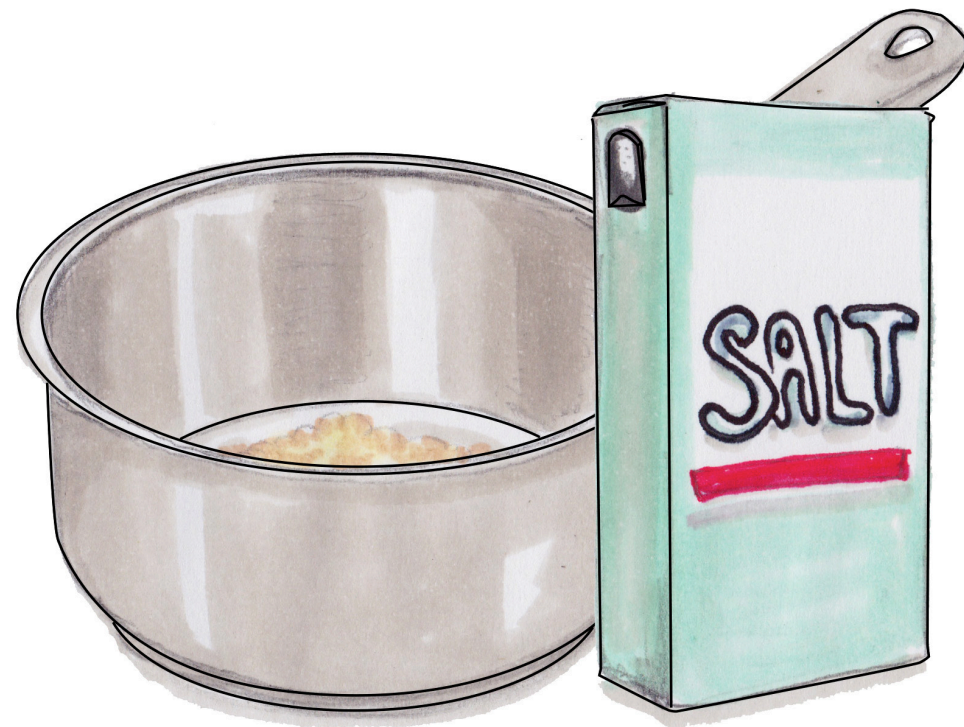
2



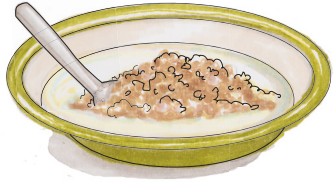
**HÄLL** i 1 deciliter  
plus 3 matskedar vatten.



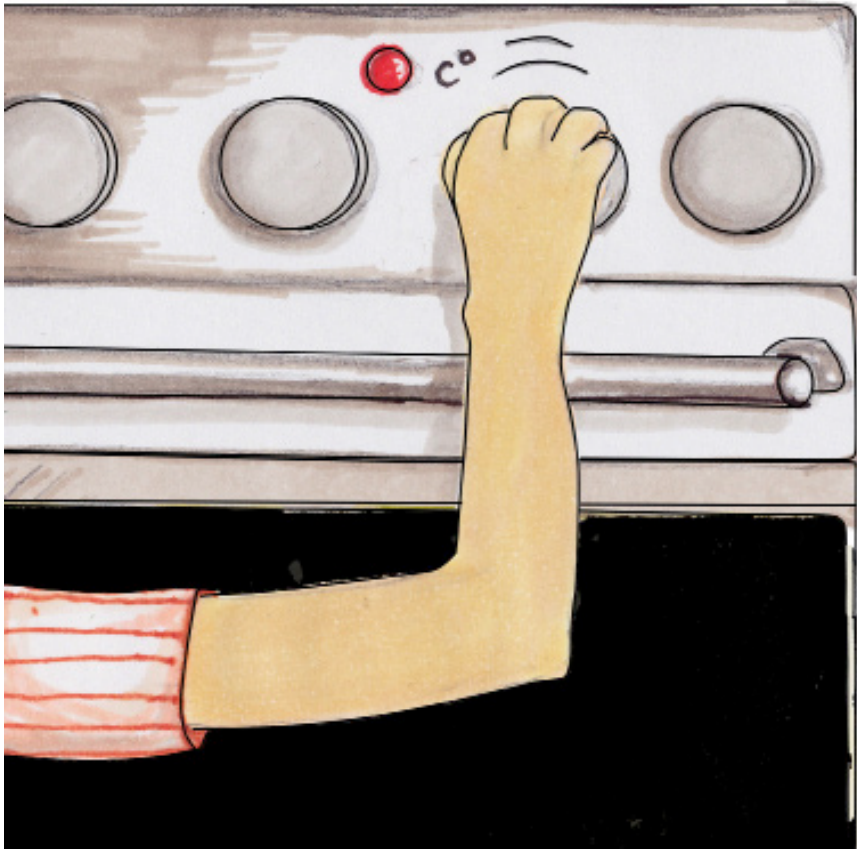
3



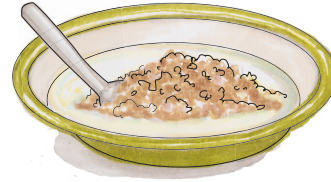
**LÄGG** i  $\frac{1}{2}$  kryddmått salt.



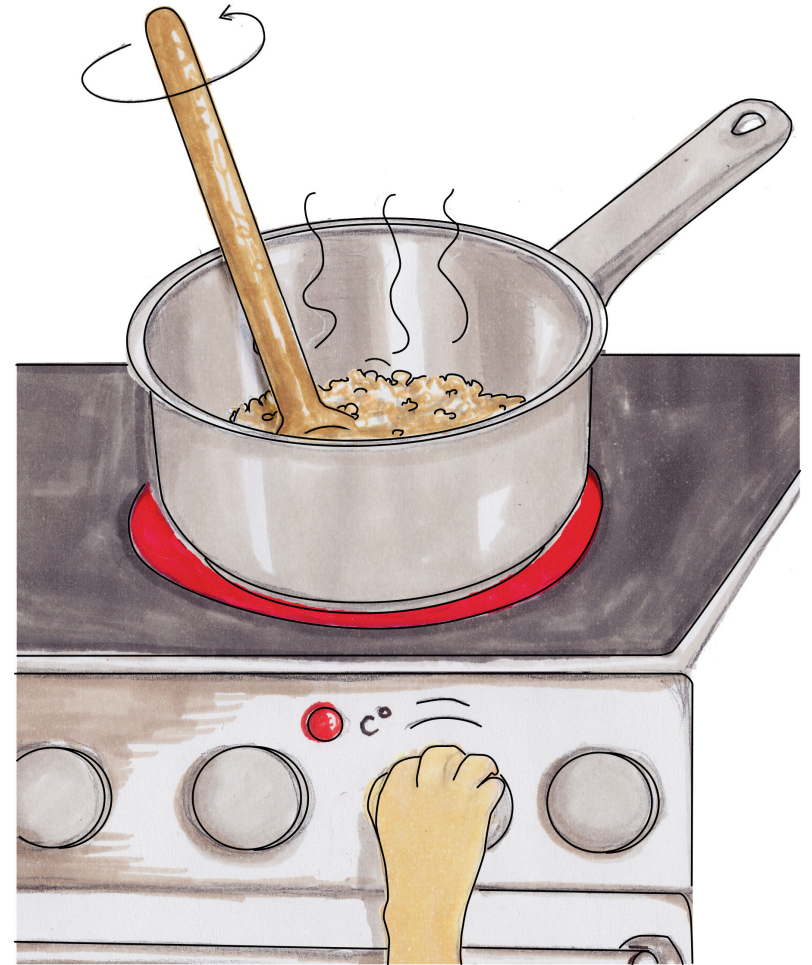
4



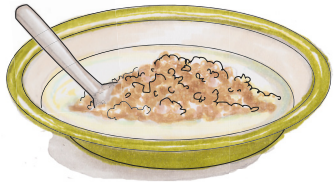
**SÄTT PÅ** spisen på hög värme.



5



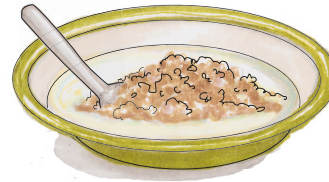
**SÄNK** värmen när gröten kokar.  
**RÖR** om.



6



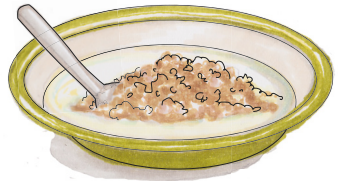
**KOKA** gröten i 3 minuter.  
**RÖR** om.



7



**STÄNG AV** spisen.



**SERVERA** gröten på en tallrik.