

# ③ The Oatmeal Song

(spoken solo, optional: And now, a public service announcement from The Oatmeal Advisory Board.)

Oatmeal! It's quick and easy, it's oatmeal!  
You won't get queasy with oatmeal!  
It's high in fiber and filling!

Oatmeal! It's good for weight control!  
Oatmeal! Fits nicely in a bowl!  
Oatmeal! Eat oatmeal today!

Have it with raisins. Brown sugar, too.  
With milk it's mighty fine.

It's good for breakfast, or any meal. → eat  
Go grab your own bowl, 'cause you can't have mine!

Oh! Oatmeal! A golden opportunity!  
Oatmeal! It boosts your immunity!  
Oatmeal! It's quite delicious and healthy!

Oatmeal! Why, it's no accident!  
Oatmeal has antioxidants!  
Oatmeal! Eat oatmeal today!

Oatmeal! Eat oatmeal today!  
Oatmeal! Eat oatmeal!  
O-A-T-M-E-A-L spells oatmeal!  
It's good!

