



Apple Cinnamon Oatmeal

Servings: 4

Serving Size: ¾ cup

Ingredients:

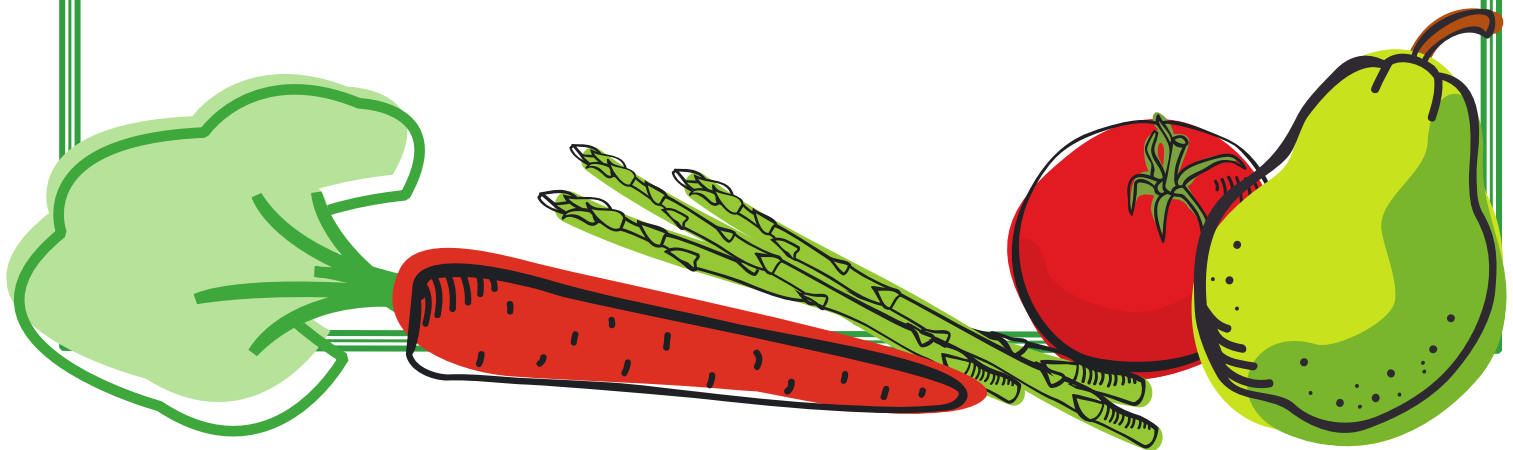
- 2 cups low-fat milk
- ½ cup raisins
- 1 Tablespoon of brown sugar
- 1 cup quick cooking or old fashion oats
- 1 Granny Smith apple, chopped
- ½ teaspoon of cinnamon

Directions:

1. Pour milk, brown sugar, oats, and raisins into a saucepan.
2. Stir over medium heat until the oats start to thicken.
3. Put the chopped apple in a microwave safe bowl and cover with plastic wrap
4. Microwave the apple for one minute or until it starts to soften a bit.
5. When the oatmeal is thick and creamy add the cinnamon and stir.
6. Pour the oatmeal into four serving bowls, top with the apples and serve.

Nutrition Facts

Serving Size ¾ cup		Servings Per Container 4	
Amount Per Serving			
Calories 240	Calories from Fat 25		
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 220mg			9%
Total Carbohydrate 46g			15%
Dietary Fiber 5g			20%
Sugars 29g			
Protein 8g			
Vitamin A 6%		Vitamin C 4%	
Calcium 20%		Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4



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