

Fruity Homemade Oatmeal

Makes: 2 servings

Start your day off right with a warm bowl of apple cinnamon oatmeal, a dish that is perfect for a chilly morning at home.

Ingredients

3/4 cup old-fashioned rolled oats

2 tablespoons raisins or currants

1 apple (cored and chopped)

1 teaspoon cinnamon

1 1/2 cups water

Directions

1. Use a vegetable peeler to remove the skin from the apple.
2. Cut the core out of the apple. Chop the apple into small pieces.
3. Put the water in the saucepan.
4. Bring the water to a boil on medium heat.
5. Stir in oatmeal, raisins, chopped apple, and cinnamon.
6. Turn heat to low.
7. Cook 5 minutes, stirring often.

Nutrition Information

Nutrients	Amount
Calories	181
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	4 mg
Total Carbohydrate	38 g
Dietary Fiber	6 g
Total Sugars	13 g
Added Sugars included	0 g
Protein	5 g
Vitamin D	0 IU
Calcium	38 mg
Iron	2 mg
Potassium	258 mg

N/A - data is not available

MyPlate Food Groups

 Fruits	3/4 cup
 Grains	1 ounce

Notes

To get more fiber, leave the skin on the apple.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes