



February 8- Fruity Homemade Oatmeal - Happy Oatmeal Day!

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruity-homemade-oatmeal>

Recipe

Ingredients:

- ¾ cups old fashioned rolled oats
- 2 Tablespoons raisins
- 1 apple
- 1 teaspoon cinnamon

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.

Yield 2 servings

Nutrition Facts

Serving Size 1/2 recipe (131.36g)
Servings Per Container 2

Amount Per Serving

Calories 200 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 41g **14%**

Dietary Fiber 6g **25%**

Sugars 16g

Protein 4g **9%**

Vitamin A 0% • Vitamin C 8%

Calcium 2% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.