

Apple Cinnamon Oatmeal

Prep Time: 5 minutes

Makes 1 serving

Ingredients:

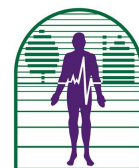
- 1/3 cup old fashioned or instant oats
- 2/3 cup low-fat milk (or water)
- 1/4 cup applesauce
- 1/4 teaspoon cinnamon

Directions:

1. Combine oatmeal and milk (or water) in microwave safe bowl. Give it a quick stir to make sure oats are covered. Make sure the bowl is wide or deep enough so the oatmeal does not overflow.
2. Cook oatmeal in the microwave according to package directions (about 1-3 minutes).
3. Remove bowl from microwave. Add apple sauce and cinnamon. Mix it all together. The oatmeal may be stiff until the apple sauce is incorporated.



Oats are a heart healthy choice!
Low in sodium and high in fiber!



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

If stove-top cooking is preferred, cook oats using directions on the label.

Try a variety of oatmeal flavors!

- 1 sliced banana + 1 Tablespoon Peanut Butter
- 1/2 cup diced peaches (canned or fresh) + 1/4 teaspoon vanilla extract
- 2 Tablespoon dried fruit + 1 Tablespoon slivered almonds
- 1/4 cup frozen berries, thawed + 1 teaspoon sugar or sugar substitute
- 2 Tablespoons raisins + 1/4 teaspoon cinnamon

Serving Size: About 1 cup (made with 1% milk)

Nutrition Facts:

Calories: 191

Fat: 4 g

Saturated Fat: 1 g

Sodium: 72 mg

Total Carbohydrates: 33 g

Fiber: 3 g

Protein: 9 g



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Nutrition Services

For more recipes and information about FREE public health services visit:
www.cghealth.com or call 641-421-9300