Warm Apple Oatmeal

**Yield:** 1 serving  
**Total Time:** 10 minutes

**Ingredients**  
½ cup dry oats  
½ cup skim or 1% milk  
1 apple, cored and chopped  
1 Tbsp peanut butter or 1/8 cup chopped walnuts

**Preparation Instructions**  
1. Combine oats, milk and apple.  
2. Heat in microwave for 1½ minutes.  
3. Add peanut butter or walnuts. Mix and enjoy.

**Nutrition Analysis**  
Per serving: 380 calories; 11g fat (2g saturated, 0g trans); 0mg cholesterol; 140mg sodium; 62g carbohydrate (9g dietary fiber; 27g sugar); 10g protein.  
Vitamin A 6%, Vitamin C 15%, Calcium 15%, Iron 15% Daily Value.

**Cost**  
Per serving: $1.14