

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

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