

Apple Raisin Oatmeal

Ingredients:

- 1 1/2 cups water
- 3/4 cup old-fashioned rolled oats
- 2 tablespoons raisins, or currants
- 1 apple, cored and diced
- 1 teaspoon cinnamon

Equipment:

- Cutting board
- Knife
- Sauce pan
- Measuring cups
- Measuring spoons

Number of Servings: 2
 PrepTime: 10 minutes
 Total time: 10 minutes

Directions

- ⇒ Bring the water to a boil on high heat.
- ⇒ Stir in oatmeal, raisins, chopped apple, and cinnamon.
- ⇒ Turn heat to low.
- ⇒ Cook 5 minutes, stirring often.



For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1 cup	
Servings: 2	
Amount Per Serving	
Calories 187	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat trace g	10%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 39g	13%
Dietary Fiber 6g	24%
Protein 5g	11%
Vitamin A 1%	Vitamin C 8%
Iron 11%	Calcium 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.