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.

Nutrition Facts
Serving Size: 1 cup
Servings: 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 187</th>
<th>Calories from Fat 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 2g</td>
<td>3%</td>
<td>%Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat trace g</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 8mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 30g</td>
<td>13%</td>
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<tr>
<td>Dietary Fiber 6g</td>
<td>24%</td>
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</tr>
<tr>
<td>Protein 5g</td>
<td>11%</td>
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*Percent Daily Values are based on a 2,000 calorie diet.

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