

## Quick Apple Cinnamon Oatmeal

### Ingredients:

- 1/2 cup quick cooking oats
- 2/3 cup water
- 1/4 cup applesauce,  
unsweetened
- 1/4 teaspoon apple pie spice

### Equipment:

- Microwave safe bowl
- Spoon
- Measuring cups
- Measuring spoons

Number of Servings: 1  
 Preparation Time: 5 minutes  
 Total time: 5 minutes

### Directions

1. Pour oatmeal into a microwave safe bowl. Add the water to the oatmeal. Cover with waxed paper.
2. Cook on 100% power for 1 to 2 minutes or until thickened. Use pot holders to remove bowl from the microwave. Stir until mixed.
3. Add applesauce and apple pie spice to oatmeal. Stir until mixed.



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### Nutrition Facts

Serving Size: 1 cup			
Servings: 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 182	Calories from Fat 27		
		<b>%Daily Value*</b>	
<b>Total Fat</b> 3g			<b>4%</b>
Saturated Fat trace 1g			<b>2%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 8mg			<b>0%</b>
<b>Total Carbohydrate</b> 34g			<b>11%</b>
Dietary Fiber 5g			<b>20%</b>
<b>Protein</b> 7g			<b>13%</b>
Vitamin A	1%	Vitamin C	1%
Iron	10%	Calcium	3%
*Percent Daily Values are based on a 2,000 calorie diet.			

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