



## Fruity Homemade Oatmeal

### Ingredients:

- 1½ cups water
- ½ cup old-fashioned rolled oats
- 2 tablespoons raisins or currants
- 1 cored and chopped apple
- 1 teaspoon cinnamon

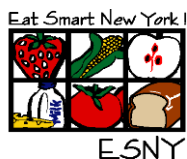
### Directions:

1. Use a vegetable peeler to remove the skin from the apple.
2. Cut the core out of the apple. Chop the apple into small pieces.
3. Put the water in the saucepan.
4. Bring the water to a boil on medium heat.
5. Stir in oatmeal, raisins, chopped apple, and cinnamon.
6. Turn heat to low.
7. Cook 5 minutes, stirring often.

Nutrition Facts			
Serving Size		¼ of recipe (288g)	
Servings Per Recipe		2	
Amount Per Serving			
Calories	180	Calories from Fat	20
% Daily Value *			
<b>Total Fat</b>	<b>2.5g</b>		4%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>5mg</b>		0%
<b>Total Carbohydrate</b>	<b>39g</b>		13%
Dietary Fiber	5g		20%
Sugars	14g		
<b>Protein</b>	<b>5g</b>		
Vitamin A	0%	Vitamin C	6%
Calcium	4%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<b>11% calories from fat</b>			

*Yields about 2 servings*

**Source:** Adapted from: Pennsylvania Nutrition Education Network, Website Recipes, The Pennsylvania Nutrition Education Program. Last Modified: Oct 22, 2008



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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