

Oatmeal

Ingredients (makes servings, serving size:)

- 1/2 cup Quick cooking oats
- 1 cup Hot water

Toppings such as:

Dried fruits: Craisins, raisins, chopped dates, apricots, etc.

Chopped nuts
1 Tablespoon Brown sugar
Cinnamon

Directions

1. Mix oatmeal and hot water in a bowl.
2. Stir until oatmeal thickens (about 1 minute).
3. Top with your choice of toppings. ENJOY!

Nutrition Information- Per serving

Calories	200	Total Sugars	12g	Sodium	5mg
Protein	6g	Total Fat	2.6g	Cholesterol	0mg
Carbohydrate	40g	Saturated Fat	.4g	Fiber	4g



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