

# 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  
Protein 6g  
Carbohydrate 40g

Total Sugars 12g  
Total Fat 2.6g  
Saturated Fat .4g

Sodium 5mg  
Cholesterol 0mg  
Fiber 4g



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