

Cinnamon- Raisin Oatmeal

Ingredients

4 cups water
2 cups old-fashioned rolled oats
1/2 cup raisins
1/2 teaspoon cinnamon
1/4 teaspoon salt
Fortified vanilla soy, rice or almond milk (optional)

Instructions

1. Combine all ingredients, except non-dairy milk, in a heavy saucepan.
2. Bring to boil, lower heat, and cook, stirring occasionally, for about 10 minutes, or until cooked to your liking.
3. Serve plain or with vanilla soy, rice or almond milk, if desired.

Kitchen Classroom

Variations:

For Cinnamon-Apricot Oatmeal, replace raisins with 1/2 cup chopped dried apricots. Cook as directed.

For Cinnamon-Apple Oatmeal, reduce water to 3 1/4 cups and replace raisins with 1 apple, peeled and coarsely chopped. Cook as directed.

Omit raisins, cook as directed, and top each serving with a dollop (about 1 teaspoon) of fruit-sweetened jam or jelly.

Nutrition Information per serving:

Serving Size: 1 cup serving

Calories: 210

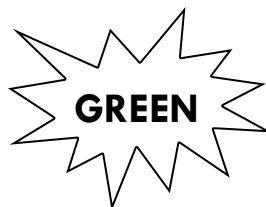
Fat: 2.6 gm

Sodium: 155 mg

Fiber: 4.8 gm

Carbohydrates: 41.7 gm

Protein: 7 gm



TheDaCare has established guidelines to categorize Green, Yellow and Red recipes—see your Health Coach for detailed information.