



# Apple Spice Oatmeal



## Ingredients

- 1 apple
- 2 cups nonfat or 1% milk or water
- 1 cup quick cooking or old fashioned rolled oats
- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1 Tablespoon brown sugar
- 1/8 teaspoon nutmeg (optional)

## Directions

1. Rinse the apple, remove the core and cut into small chunks (about 1 1/2 cups).
2. Bring the water or milk to a boil in a saucepan.
3. Add the oatmeal, salt and apple chunks. Cook over medium heat for 1 minute if using quick cooking oats or 7 to 10 minutes if using old fashioned rolled oats. Stir a couple times while cooking.
4. Remove from heat. Stir in cinnamon, brown sugar and nutmeg, if desired.
5. Refrigerate leftovers within 2 hours.

## Notes

- To increase the apple flavor, use apple juice for all or part of the water. Mixing apple juice with milk may cause milk to curdle.

Makes: 2 cups  
 Prep time: 5 minutes  
 Cooking time: 10 minutes

Nutrition Facts	
Serving Size 1 cup (384g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 300</b>	Calories from Fat 40
% Daily Value*	
<b>Total Fat 4.5g</b>	7%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	3%
<b>Sodium 190mg</b>	8%
<b>Total Carbohydrate 55g</b>	18%
Dietary Fiber 7g	28%
Sugars 24g	
<b>Protein 11g</b>	
Vitamin A 6%	• Vitamin C 8%
Calcium 20%	• Iron 15%

\*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:	2,000	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

Calories per gram:  
 Fat 9 • Carbohydrate 4 • Protein 4

Recipe adapted from *Nutrition Matters*.

For tasty, healthy recipes that fit your budget, visit [www.FoodHero.org](http://www.FoodHero.org)!

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