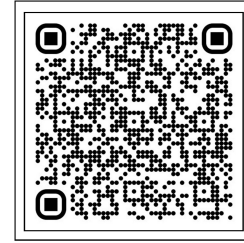




Cornell University
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 New York City



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.

Yields about 4 servings

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

Nutrition Facts	
servings per container	
Serving size	1 2/3 cups (144g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 119mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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

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