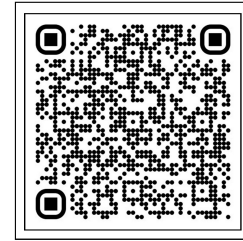




Cornell University  
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## Avena Casera con Frutas

### Ingredientes:

- 1½ tazas de agua
- ¾ taza de hojuelas de avena o "old fashioned oats"
- 2 cucharadas de pasas
- 1 manzana picada
- 1 cucharadita de canela en polvo

### Instrucciones:

1. Utilice un pelador de verduras para pelar las manzanas.
2. Saque el corazón de manzana. Corte la manzana en pedazos pequeños.
3. Coloque el agua en la olla.
4. Caliente el agua hasta hervir a fuego medio.
5. Integre la avena, las pasas, la manzana picada, y la canela.
6. Baje el fuego.
7. Cocine durante 5 minutos, agitando constantemente.

Rinde: 2 porciones, 1 ⅔ tazas cada una

## Nutrition Facts

servings per container	
<b>Serving size</b>	1 ⅔ cups (320g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 19g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 277mg	<b>6%</b>

\*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.

**Fuente:** Adaptada de: Pennsylvania Nutrition Education Network, Website Recipes, The Pennsylvania Nutrition Education Program. Last Modified: Oct 22, 2008



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

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