

Apple Cinnamon Oatmeal

Breakfast, Whole Grains

You don't need to rely on pre-packaged instant oatmeal. Make it yourself for less expensive and more delicious results!

Estimated Cost: \$0.70

Makes 1 serving

Prep Time: 2 minutes | Cook Time: 2 ½ minutes

⅓ cup old-fashioned oats

⅓ cup milk

⅓ cup water

½ medium apple, chopped into bite-sized pieces

¼ tsp cinnamon

1 tbsp almonds or other nuts (optional)



Place all ingredients in a medium sized microwavable bowl. Microwave for 2 ½ minutes. Stir to combine, allow to cool for 1 minute before serving.

Other oatmeal topping ideas:

- Peanut Butter & Banana: ½ sliced banana and 1 tbsp peanut butter
- Fruit & Nut: 1 tbsp raisins or dried cranberries and 1 tbsp walnuts or almonds
- Pumpkin Pie: ⅓ cup pumpkin puree, ½ tsp cinnamon

Nutrition Facts	
Serving Size 352 g	
Amount Per Serving	
Calories 285	Calories from Fat 91
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 129mg	5%
Total Carbohydrate 41g	14%
Dietary Fiber 7g	28%
Sugars 11g	
Protein 10g	
Vitamin A 25%	• Vitamin C 9%
Calcium 30%	• Iron 59%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
NutritionData.com	