

Awesome Oatmeal

What you need:

To make 2 cups cooked oatmeal

- 1 cup quick cooking oats
- 1 cup water, skim, 1% milk (for low lactose diets try lactaid milk, soy milk or water)
- Fruit: 1 large apple, grated or 1/2cup thawed and rinsed frozen fruit (blueberries, strawberries, raspberries, peaches or 1/2 cup rinsed canned fruit or fresh fruit or 1/3 cup raisins
- Cinnamon and nutmeg to taste
- Vanilla or maple extract to taste



(over for directions, nutritional information)

Awesome Oatmeal (continued)

How to make:

Mix all ingredients together. Place in a microwave-safe bowl and cook on medium for 1-2 minutes. Stir and cook again on medium for 1-2 minutes more. Stir again, cook 1 minute on high. Can be cooked on stove, cook 1–2 minutes, stirring. Serve into bowls, add extra milk or water for desired thickness. Decorate with extra fruit, cinnamon and nutmeg as desired. Can make extra and refrigerate for 2 days. Makes 4 servings.

Nutrition information:

Serving Size:	½ cup
Calories:	120 calories
Fat:	1 gm.
Carbohydrate:	20 gm.
Fiber:	4 gm.
Protein:	3 gm.
Sodium:	0 mg.



Recipe courtesy of Lifetime Health Medical Group