Oatmeal with Apples and Raisins

TOTAL TIME: 20 MINUTES  2 SERVINGS
HANDS ON TIME: 6 MINUTES

Ingredients
- 2 cups water
- 1 cup skim milk
  - Can also use 2% reduced fat milk
- 1 cup old fashioned oats
- 1 medium apple, chopped
  - Consider blueberries or bananas as a substitute
- 1/3 cup raisins
- 1/3 cup Maple syrup or sugar to taste

Optional: Add a dash of cinnamon for extra spice!

Directions
1. Combine the water and milk in a saucepan, add the oats and bring to simmer. Stir occasionally for about 2 minutes or until the mixture gets thick.
2. Stir in the maple syrup (or sugar), apple, and raisins. Continue to simmer for another 2-3 minutes until the oatmeal is creamy.
3. Remove from heat and let stand 5 minutes before serving.

Recipe provided from a TORC Staff member’s personal collection
**Diet Tips and Facts**

- Low Fat
- Low in Cholesterol
- Low Sodium
- Good source of fiber

Soluble fiber from foods such as whole grains and fruits, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

**Tick-Tock, How to Beat the Clock:**
Make it to-go. Put your hot breakfast in a thermos to enjoy on the go or once you reach your destination.

**Nutrition Facts**

One serving - about 2.5 cups (578g)
Calories - 426 (from Fat - 33)
Total Fat – 1g
  - Saturated – 0g
Cholesterol – 2mg
Sodium – 84mg
Carbohydrate – 107g
  - Fiber – 10g
Sugar – 64g
Protein – 13g