SHOPPING LIST

Steel-cut Oats with Fresh Fruit

- ◯ Steel-cut Oats
- ◯ Water
- ◯ Strawberries
- ◯ Maple Syrup

First, check off the items you already have at home.

CUT

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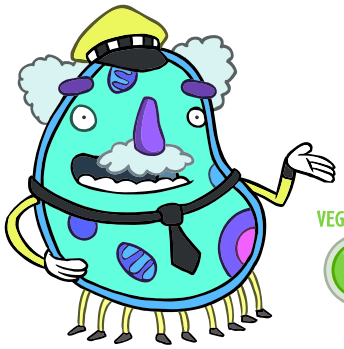
Sully The Cell present

BREAKFAST

PBS KIDS GO!

FIZZY'S LUNCH LAB

Steel-cut Oats with Fresh Fruit



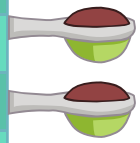
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	2
YES	About 30 min.	Medium	

YOU WILL NEED

⅔ cup steel cut oats

2 ½ - 2 ⅔ cup water

1 cup chopped strawberries



2 teaspoons maple syrup

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Use chopped pears, bananas, apples or any combination of fruit in place of the apples. One teaspoon of brown sugar or honey can be used in place of the maple syrup.

STEP 1: Place the oatmeal and water in a small saucepan and bring to a boil over high heat. Decrease the heat to low and cook until the oatmeal has absorbed all of the water and is tender, about 20 minutes. Divide the oatmeal between two bowls, and top each with half of the fruit and maple syrup. Serve immediately.

pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 1 Serving (361g)
Servings Per Container

Amount Per Serving	
Calories 130	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 3g	

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4