

# 5 Apple Spice Oatmeal

**Prep time:** 5 minutes

**Cooking time:** 10 minutes

**Makes:** 2 cups



## Ingredients

- 2 cups nonfat or 1% **milk** or **water**
- 1 cup **quick-cooking** or **old fashioned** oats
- $\frac{1}{8}$  teaspoon **salt**
- 1 **apple**, cored and cut into chunks
- $\frac{1}{8}$  teaspoon **cinnamon**
- 1 Tablespoon **brown sugar**
- $\frac{1}{8}$  teaspoon **nutmeg**, if desired

## Directions

1. Bring the milk or water to a boil in a saucepan.
2. Add the oats, salt and apple. Cook over medium heat for 1 minute if using quick-cooking oats or 7 to 10 minutes if using old fashioned oats. Stir a couple of times while cooking.
3. Remove from heat. Stir in cinnamon, brown sugar and nutmeg, if desired.

## Variations

- ★ Add bite-sized dried fruit pieces like raisins, apricots or cranberries in step 2, or sprinkle on top when serving.
- ★ Sprinkle chopped nuts on top when serving.

## Nutrition Facts

2 servings per container  
**Serving size 1 cup (392g)**

**Amount per serving**

**Calories 360**

% Daily Value\*

<b>Total Fat</b>	6g	<b>8%</b>
Saturated Fat	2g	<b>10%</b>
Trans Fat	0g	

<b>Cholesterol</b>	15mg	<b>5%</b>
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<b>Sodium</b>	280mg	<b>12%</b>
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<b>Total Carbohydrate</b>	61g	<b>22%</b>
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Dietary Fiber	7g	<b>25%</b>
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Total Sugars	29g	
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Includes 7g Added Sugars		<b>14%</b>
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**Protein** 16g

Vitamin D	3mcg	15%	Calcium	333mg	25%
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Iron	2mg	10%	Potassium	107mg	2%
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Vitamin A	2mcg	0%	Vitamin C	5mg	6%
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\* The % Daily Value (DV) 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.



## Whole Grains Storage Guide

Heat, air and light can make whole grains taste and smell spoiled. Store whole grains in a cool, dry and dark location or choose a container that keeps light out. Store in airtight containers.

- Intact whole grains will keep for up to 6 months in the cupboard, longer in the refrigerator, and up to a year in the freezer.
- Ground whole grains will keep for 1 to 3 months in the cupboard or 2 to 6 months in the refrigerator or freezer.