

Apple Cinnamon Oatmeal

Ingredients:

I Can't Believe It's Not Butter! Spray
 3 Granny Smith apples, coarsely chopped
 2 tsp. cinnamon
 1 tsp. vanilla extract
 2 cup water
 Pinch salt
 1 cup old fashioned oats
 2-3 packets artificial sweetener
 3 tbsp. chopped raw walnuts



Nutrition Facts

Serving Size 1 1/2 cup (340g)
 Servings Per Container 3

Amount Per Serving

Calories 170 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 28g **9%**

Dietary Fiber 5g **20%**

Sugars 14g

Protein 4g

Vitamin A 2% • Vitamin C 10%

Calcium 4% • Iron 6%

*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



*VEGAN



*SOY FREE



*CONTAINS NUTS

Directions:

1. Lightly coat a medium nonstick frying pan with *I Can't Believe It's Not Butter!* Spray.
2. Place it over medium heat, add apples, cinnamon, vanilla and 5 spritzes of the spray. Cook, stirring occasionally for about 20 minutes or until the apples are soft.
3. Meanwhile, in a medium saucepan, bring the water and salt to full boil. Add oats, reducing heat to medium and cook, stirring for 6 minutes or until the water is almost absorbed. Remove from the heat and cover.
4. When apples are cooked, stir the mixture into the oatmeal.
5. Stir in 2-3 Packets artificial sweetener and the nuts. Soon into 3 serving bowls.