

# Oatmeal

## Ingredients:

- 3 ¼ cup old fashioned rolled oats
- 7 cups water
- ¾ tsp. ground cinnamon
- 6 ½ tbsp. brown sugar, unpacked
- ¾ cup chopped fresh apples
- ¾ cup raisins
- 3 ¼ tbsp. flaxseed
- Dash of salt



<b>Nutrition Facts</b>			
Serving Size 1 cup (449g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b>	<b>370</b>	<b>Calories from Fat</b>	<b>35</b>
		% Daily Value*	
<b>Total Fat</b>	4g		<b>6%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	20mg		<b>1%</b>
<b>Total Carbohydrate</b>	73g		<b>24%</b>
Dietary Fiber	9g		<b>36%</b>
Sugars	34g		
<b>Protein</b>	11g		
Vitamin A	0%	•	Vitamin C 2%
Calcium	6%	•	Iron 20%
*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



## Directions:

1. Combine the water and salt in a small saucepan and turn the heat to high.
2. When the water boils, turn the heat to low, add oatmeal, and cook, stirring, until the water is just absorbed, about 5 minutes.
3. Add cinnamon, brown sugar, fresh apples and flaxseed.
4. Stir, cover the pan, and turn off heat. Let set for 5 minutes.