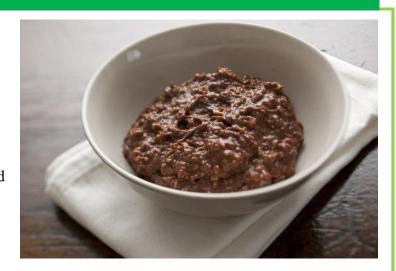


Champorado Oatmeal

Ingredients:

1/2 cup oats
1 cup low fat milk
2 tablespoons unsweetened cocoa powder
1 tablespoon brown sugar
Optional: 1 teaspoon cinnamon & 1 teaspoon condensed milk



Servings: 1

Instructions:

- 1. In a pan add oats and milk and heat over medium heat until softly boiling. Stir to thoroughly combine.
- 2. Lower heat to low and cover. Simmer for 10-15 minutes until oats are cooked through.
- 3. Add cocoa powder and brown sugar and continue heating on low heat for 1-2 minutes, stirring frequently to combine.
- 4. Serve with cinnamon and condensed milk.

Nutrition Facts 1 servings per container Serving size 1 Bowl (304g)

Amount Per Serving Calories 300

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	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 54g	20%
Dietary Fiber 8g	29%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 3mcg	15%
Calcium 345mg	25%
Iron 6mg	35%
Potassium 676mg	15%

*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.