



Fruited Cinnamon Oatmeal

Recipe of the Week #1



INGREDIENTS

- 8 cups water
- 2 apples, diced
- 20 dried apricot halves, diced
- 1 ½ tsp. cinnamon
- 3 Tbsp. honey
- 3 packets Splenda®
- 3 cups dry oatmeal

OPTIONAL TOPPINGS

- Fresh berries
- Yogurt (Fage® 0% fat Greek yogurt)
- Craisins®
- Raisins
- Roasted nuts

DIRECTIONS

1. In a heavy sauce pan, bring water to a boil.
2. Stir in apples, apricots, cinnamon, honey and Splenda. Stir in oatmeal. Return to a boil then reduce heat.
3. Simmer 3-5 minutes until desired consistency is reached.
4. Freeze left over oatmeal in individual bowls to reheat in the microwave as needed.

NUTRITIONAL ANALYSIS

Serves 10 | Serving Size: 1 cup

Calories: 149
Fiber: 4 g
Fat: 2 g
Protein: 4 g
Saturated Fat: 0 g
Sodium: 3 mg
Cholesterol: 0 mg
Carbohydrates: 32 g

