



# Fruity Homemade Oatmeal

## Handout 2

Serving Size: 1/2 of recipe

Yield: 2 servings

### Ingredients:

- 1 1/2 cups water
- 3/4 cup old-fashioned rolled oats
- 2 Tablespoons raisins or currants
- 1 cored and chopped apple
- 1 teaspoon cinnamon

### Instructions:

1. Use a vegetable peeler to remove the skin from the apple.
2. Cut the core out of the apple. Chop the apple into small pieces.
3. Put the water in the saucepan.
4. Bring the water to a boil on medium heat.
5. Stir in oatmeal, raisins, chopped apple and cinnamon.
6. Turn heat to low.
7. Cook 5 minutes, stirring often.

### Cost:

Per Recipe: \$0.65

Per Serving: \$0.33

### Source:

Adapted from:  
Pennsylvania Nutrition Education Network  
Website Recipes

### The Pennsylvania Nutrition Education Program

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<b>Nutrition Facts</b>	
Serving Size 1/2 of recipe (288g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 14g	
Protein 5g	
Vitamin A <b>0%</b>	Vitamin C <b>6%</b>
Calcium <b>4%</b>	Iron <b>10%</b>
*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 20 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