

# Cinnamon-Raisin Oatmeal

Source: Breaking the Food Seduction by Neal Barnard, MD; recipe by Jo Stepaniak; © Jo Stepaniak 2005, published with permission

Hearty, old-fashioned rolled oats in the morning will keep you satisfied until lunchtime. Double or expand recipe based on needs.

## About the Recipe

**220 Calories · 7.1 g Protein · 5.4 g Fiber**

**Breakfast**

**Gluten-free · Nut-free**

Raisins are not only a great source of fiber, but they also add a sweet flavor with no added sugar.

*Oats do not contain gluten but can be manufactured in a facility with gluten. For severe allergies, it's best to buy oats labeled gluten free.*

*Avoid using nuts or nut-based milks as a topping if you have a nut allergy.*

## Ingredients

***Makes 2 Servings***

- 1 c (181 g) old-fashioned rolled oats
- 1/4 c (40 g) raisins
- 1/4 tsp (1.2 mL) cinnamon
- 1/8 tsp (0.6 mL) iodized salt
- 1/4 c (60 mL) vanilla soy or rice milk

## Directions

1. Combine 2 c (480 mL) of water with all ingredients, except nondairy milk, in a heavy saucepan. Bring to a boil.
2. Lower heat, and cook, stirring occasionally, for about 10 minutes, or until cooked to your liking.
3. Serve plain or with vanilla nondairy milk, if desired.
4. Variation: For Cinnamon-Apricot Oatmeal, replace raisins with 1/2 cup (180 grams) chopped dried apricots. Cook as directed.
5. Variation 2: For Cinnamon-Apple Oatmeal, reduce water to 3 1/4 cups (780 milliliters) and replace raisins with 1 apple, peeled and coarsely chopped. Cook as directed.

## Nutrition Facts

*Per serving*

**Calories:** 220

**Fat:** 3.2 g

**Saturated Fat:** 0.5 g

**Calories from Fat:** 12.4%

**Cholesterol:** 0 mg

**Protein:** 2.6 g

**Carbohydrates:** 42.6 g

**Sugar:** 12.3 g

**Fiber:** 5.4 g

**Sodium:** 168 mg

**Calcium:** 50 mg

**Iron:** 2.3 mg

**Vitamin C:** 0.5 mg

**Beta-Carotene:** 1 mcg

**Vitamin E:** 0.2 mg