

Cinnamon Apple Oatmeal

Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, MS, RD; recipe by Jennifer Raymond, MS, RD

Oats are rich in soluble fiber, which is especially good for lowering cholesterol.

About the Recipe

312 Calories · 7 g Protein · 4.7 g Fiber

Breakfast

Ingredients

Makes 2 Servings

- 1 cup old-fashioned or quick-cooking oats
- 2/3 cup apple juice concentrate
- 1 1/3 cups water
- 1/2 teaspoon cinnamon
- 1/2 cup raisins or currants *optional

Directions

1. Combine oats, apple juice concentrate, water, and cinnamon in a saucepan.
2. Bring to a simmer, then cover and cook 3 minutes.
3. Remove from heat and stir in raisins or currants, if using. Let stand 3 minutes before serving.

Nutrition Facts

Per serving (1 cup)

Calories: 312

Total Fat: 2.9 g

Saturated Fat: 0.5 g

Calories from Fat: 8.4%

Cholesterol: 0 mg

Protein: 7 g

Carbohydrate: 66 g

Sugar: 32.9 g

Fiber: 4.7 g

Sodium: 29 mg

Calcium: 51 mg

Iron: 2.8 mg

Vitamin C: 2.1 mg

Beta-Carotene: 0 mcg

Vitamin E: 0.3 mg