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