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