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

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

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