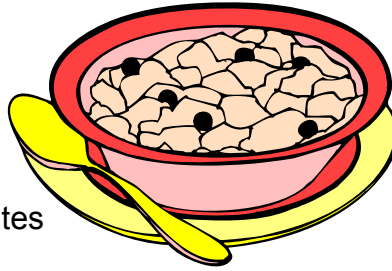


Okey Dokey Oatmeal

4 1/2-cup servings

- 1 1/2 cups water
- 2/3 cup old-fashioned oats
- 1 apple, washed
- 1/2 cup skim milk
- 2 tablespoons raisins or chopped dates
- 1/4 teaspoon cinnamon

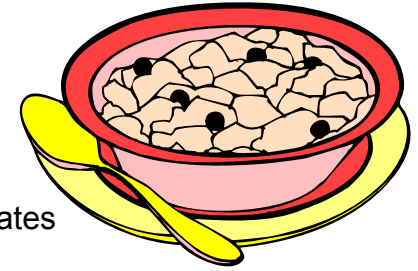


1. In a medium-size pan, bring water to boil. Add oats, reduce heat to low.
2. Cook for 5 minutes, stirring occasionally.
3. Cover pan, remove from heat.
4. Dice apple.
5. Stir milk, apple, raisins or dates, and cinnamon into oatmeal.
6. Serve oatmeal and enjoy.

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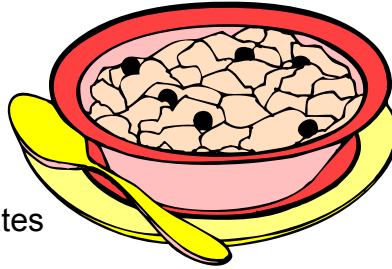


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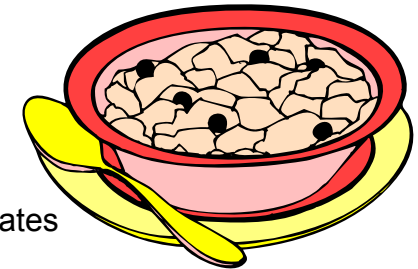


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Nutrition Facts	
Serving Size (83g)	
Servings Per Container 4	
Amount Per Serving 1/2 cup	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15 mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	10%
Sugars 9g	
Protein 3g	
Vitamin A 2%	Vitamin C 4%
Calcium 6%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777



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