

What You Will Need

This curriculum is designed to adapt to whatever setting you are in. For this reason, we list a number of ways the activity might be accomplished, with a variety of recipes and options. Please select the activity and supplies you will need for your lesson.

Oats are a versatile ingredient in many recipes, and families will find favorites they want to try. The recipe “Okey Dokey Oats” is featured because it is an easy, inexpensive snack for any time and any age. This recipe make two cups—a good amount for a family. Nutrition educators will find it easy to increase this recipe for a larger group. The other recipe provided uses toasted oat rounds and yields more servings.

Equipment

- measuring spoons
- measuring cups
- small, sharp knife
- cutting board
- small pan with lid—big enough to hold 4 cups
- long handled wooden spoon
- stove burner or hotplate
- hot pad

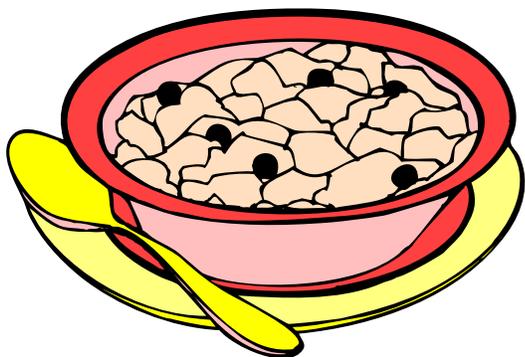
Ingredients

- 1 1/2 cups water
- 2/3 cup old-fashioned oats
- one apple, washed
- 1/2 cup skim milk
- 2 T. raisins or chopped dates
- 1/4 t. cinnamon

Serving supplies

- cups for serving (disposable or not)
- paper napkins
- spoons (disposable or not)





Okey Dokey Oatmeal

4 servings - 1/2-cup each

- 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.

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%

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

