



Apple Peanut Butter Oatmeal

Ingredients:

1 apple 2 tablespoons chunky peanut butter

1/4 teaspoon cinnamon

1 cup quick cooking oats

1 cup water

2 tablespoons brown sugar, packed

Equipment:

Cutting Board Microwave Microwave safe bowls Spoon

Number of Servings: 2 Preparation Time: 10 minutes Total time: 10 minutes

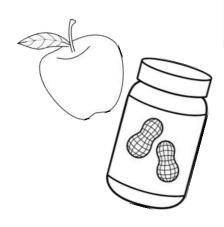
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Directions

- 1. Leave the skin on the apple and cut in half through the core. Then cut each piece in half again until you have 4 quarters. Cut out seeds and core and chop into small pieces. Add to microwave safe bowl.
- 2. Mix together chopped apple, peanut butter, cinnamon and water into large microwave safe bowl.
- 3. Microwave on high for two minutes, stir. Microwave on high one more minute.
- 4. Add brown sugar and oatmeal. Wait until thick.



Nutrition Facts

Amount Per Servin	ıg		
Calories 334		Calories from F	at 99
		%Daily \	/alue*
Total Fat 9g			17%
Saturated Fat 2g		10%	
Cholesterol 0mg			0%
Sodium 89mg		4%	
Total Carbohydrate 55g			18%
Dietary Fiber 7g			29%
Protein 10g			21%
Vitamin A 2	%	Vitamin C	7%
Iron 14	%	Calcium	5%

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supple mental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



VCEP-5NP