

# Eat Smart • Move More

## Apple Cinnamon Oatmeal

Prep Time: 5 minutes

Total Time: 5 minutes



### Ingredients

- ½ cup quick cooking oats
- ⅔ cup water
- ¼ cup unsweetened applesauce
- ¼ teaspoon apple pie spice

### Nutrition Facts

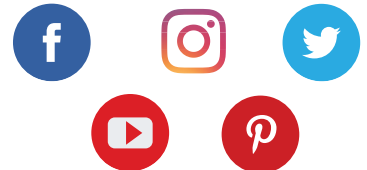
1 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(278.82g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 6g	
Includes g of Added Sugars	
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 32mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 193mg	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Unsweetened applesauce has about half as much sugar as sweetened applesauce.
- ▶ Your favorite apple variety can be used in place of applesauce. Make sure to cook the dish a little longer, until the apple reaches the desired softness.

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### Directions

- Pour oats into a microwave-safe bowl. Add water and cover with wax paper.
- Cook in the microwave for 1-2 minutes or until thickened.
- Carefully remove the bowl from the microwave. Stir until mixed.
- Add applesauce and apple pie spice to oatmeal. Stir until combined.

(Recipe adapted from: <https://www.geniuskitchen.com>.)

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