

Eat Smart • Move More

Avena con Manzana y Canela

Tiempo de Preparación: 5 minutos

Tiempo Total: 5 minutos



Ingredientes

- ½ taza de avena de rápida cocción
- ⅔ taza de agua
- ¼ taza de puré de manzana, sin azúcar
- ¼ taza de especia de pastel de manzana

Nutrition Facts

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

*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.

Consejos Rápidos

- ▶ El puré de manzana sin azúcar contiene aproximadamente la mitad del azúcar que su versión tradicional.
- ▶ Puede utilizar la variedad de manzana que más le guste en lugar del puré de manzana. Asegúrese de cocinar más tiempo, para lograr que la manzana se ablande lo suficiente.

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Preparación

- Verter la avena en un bol apto para microondas. Agregar agua y cubrir con papel manteca.
- Cocinar en el microondas durante 1-2 minutos o hasta que se espese.
- Cuidadosamente, remover el bol del microondas. Revolver hasta que se mezcle bien.
- Agregar el puré de manzana y la especia de pastel de manzana a la avena. Revolver hasta combinar todos los ingredientes.

(Receta adaptada de: <https://www.geniuskitchen.com>.)

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