



Find more recipes at www.usda.gov/whatscooking

Apple-Cherry Cinnamon Oatmeal

Rating: 0

Makes: 2 Servings

This recipe uses unsweetened apple-cherry juice. Apple-cherry juice can be used to flavor and sweeten cooked cereal such as oatmeal.

Ingredients

- 1 cup** water
- 1/4 cup** apple-cherry juice
- 1** small apple (peeled, center removed, and chopped)
- 2/3 cup** old fashioned oatmeal
- 1 teaspoon** ground cinnamon
- 1 cup** 1% low-fat milk

Directions

1. Combine water, apple-cherry juice, and apple in a small saucepan.
2. Bring to a boil over high heat; stir in the oatmeal and cinnamon.
3. Return to a boil, then reduce heat to low and cook until thick, about 2 minutes.
4. Spoon oatmeal into 2 bowls. Pour ½ cup milk over each serving.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	3 g	
Protein	9 g	
Carbohydrates	35 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	60 mg	