

Hot Apple Oatmeal

Ingredients

1 cup	Quick cooking oats
1 cup	Unsweetened apple juice
½ cup	Unsweetened applesauce
¼ tsp	Cinnamon

Instructions

1. Mix oats and juice in a small saucepan over medium heat. Bring to a boil, then remove from heat and cover. Let stand for 5 minutes.
2. Add applesauce and cinnamon and stir well. For more fiber, add 1 tablespoon dried fruit, nuts or bran.

Nutrition Information

Calories -----	240
Fat -----	2 g
Saturated fat -----	0 g
Cholestrol -----	0 mg
Sodium -----	6 mg
Dietary Fiber -----	5 g
Sugars -----	20 g
Protein -----	7 g