



Oatmeal with Brown Sugar and Cinnamon

Prep Time: 3 Min **Cook Time:** 10 Min **Total Time:** 13 Min

Serves 1

Ingredients

- 1/2 cup slow-cooking oats
- 1/4 cup quick cooking oats
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon

Instructions

1. At home mix the ingredients together and place in a microwavable bag.
2. At cooking time add 1 cup boiling water to the bag, seal tightly, and place in a fleece or a hat to keep warm.
3. Let sit for 5 minutes and enjoy this sweet breakfast.

Options For Replacing The Cinnamon For Variety

- 1/4 raisins (adds 130 calories)
- 2 tablespoons of peanut butter (this has to be mixed in at home and adds 190 calories)
- 2 slices of broken up crisp-cooked bacon (or bacon bits) (adds 70 calories)

Nutrition		
	Amount Per Serving	% Daily Value
Calories	447	20.5%
Total Fat	1.6g	2%
Saturated Fat	0.3g	2%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	98g	33%
Dietary Fiber	7.1g	15%
Sugars	55g	
Protein	7.7g	15%
Vitamin C		5%
Calcium		7%
Iron		12%

Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

Notes

- Dry weight is 4.25 ounces (for basic recipe)