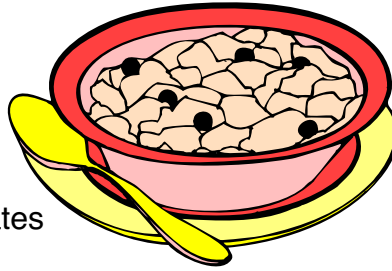


## Okey Dokey Oatmeal

4 1/2-cup servings

- 1 1/2 cups water
- 2/3 cup old-fashioned oats
- 1 apple, washed
- 1/2 cup skim milk
- 2 tablespoons raisins or chopped dates
- 1/4 teaspoon cinnamon

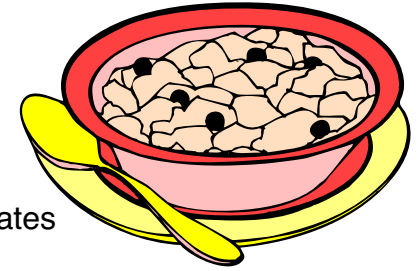


1. In a medium-size pan, bring water to boil. Add oats, reduce heat to low.
2. Cook for 5 minutes, stirring occasionally.
3. Cover pan, remove from heat.
4. Dice apple.
5. Stir milk, apple, raisins or dates, and cinnamon into oatmeal.
6. Serve oatmeal and enjoy.

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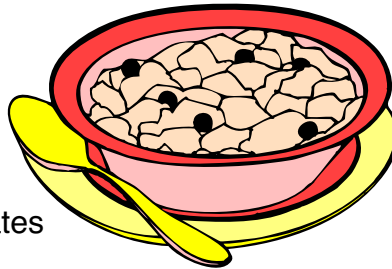


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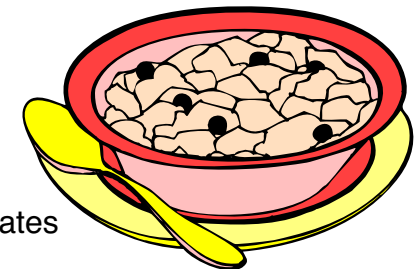


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<b>Nutrition Facts</b>	
Serving Size (83g)	
Servings Per Container 4	
<b>Amount Per Serving</b> 1/2 cup	
<b>Calories</b> 100	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g 0%	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15 mg	1%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 3g 10%	
Sugars 9g	
<b>Protein</b> 3g	
Vitamin A 2%	Vitamin C 4%
Calcium 6%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

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