



Apple Cinnamon Oatmeal

This oatmeal can be easily made in the microwave or on the stove. Alternative spices or purees can be used for versatile flavors.

<u>U.S.</u>		<u>Metric</u>
2/3 cup	Water	160mL
1/3 cup	Instant oats	60g
1/3 cup	Unsweetened Applesauce (see "Quick Applesauce" recipe)	80mL
1/4 tsp	Cinnamon, ground	1g

Preparation:

Microwave Cooking Method:

1. Gather all ingredients and equipment.
2. In a microwave safe bowl, combine the water and oats. Place in microwave for 1 minute. If oats are not fully cooked, stir and cook for an additional 15-30 seconds.
3. Remove the mixture from the microwave, and stir in the applesauce and cinnamon. Allow to cool until baby safe.

Stovetop Cooking Method:

1. Gather all ingredients and equipment.
2. In a small saucepot, bring the water to a boil. Once boiling, add the oats and stir. Cover and allow to cook for 5 minutes, stirring occasionally, or until the oats are soft.
3. Remove the pot from the heat and stir in the applesauce and cinnamon. Allow to cool until baby safe.

Nutrition Facts

2 Servings

Serving size **1/2 recipe**

Amount per serving

Calories **70**

Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	14 g
Dietary Fiber	2 g
Total Sugars	4 g
Includes 0g Added Sugars	
Protein	2 g
Vitamin D	0 %
Calcium	0 %
Iron	3 %
Potassium	90 mg
Phosphorus	60 mg
