



Brown Sugar Oatmeal with Raisins

<u>U.S.</u>		<u>Metric</u>
1 1/2 cups	Quick Oats	133.5 g
3 cups	Milk, low-fat	590 mL
1/8 tsp	Salt, Kosher	0.75 g
2 Tbsp	Light Brown Sugar	26 g
1/4 tsp	Cinnamon, ground (optional)	0.6 g
2 Tbsp	Walnuts, rough chopped, toasted	14 g
2 Tbsp	Raisins	18 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a small sauce pot over medium-high heat. Then, add the oatmeal and toast for about 5 minutes, stirring frequently.
3. When oatmeal is golden brown in color, remove the pot from heat and add the milk.
4. Place the pot back on the stove over low-medium heat and add the salt, cinnamon and sugar. Cook for the oatmeal for about 5 minutes, stirring frequently, until most of liquid has evaporated.
5. If oatmeal is too thick, add 1-2 tbsp of additional milk or water.
6. Top with toasted walnuts and serve 1 cup portions. Then, finish with raisins and enjoy!

Nutrition Facts

Serving size	1 cup
Servings	3
Calories	330
Calories from Fat	80
Total Fat	8 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	0.5 g
Cholesterol	10 mg
Sodium	190 mg
Carbohydrates	53 g
Dietary Fiber	5 g
Sugars	25 g
Protein	14 g
Vitamin A	10 %
Calcium	35 %
Vitamin C	0 %
Iron	0 %
Phosphorus	238 mg
