



Cinnamon Raisin Instant Oatmeal

These oats are a quick and easy way to enjoy your breakfast and allows you to customize flavors you want to start your day off right.

<u>U.S.</u>		<u>Metric</u>
2 cups	Old Fashioned Oats, divided in half	113 g
2/3 cup	Raisins	38 g
2 Tbsp	Brown Sugar	12.4 g
1 Tbsp	Cinnamon	3.4 g
4 cups	1% Milk or Water	474 g

Preparation:

1. Gather all ingredients and equipment.
2. In a food processor pulse half of the oats until most of the oats are chopped to roughly half their original size.
3. Combine pulsed oats with remaining oats, brown sugar, raisins and cinnamon. Mix well until evenly combined.
4. **If preparing individual servings**, place 1/2 cup of oatmeal base into 16 ounce mason jars or snack-size plastic zip-top bags.
5. **If preparing one large batch**, combine oatmeal base and store in an air-tight container. When ready to serve, place a heaping 1/2 cup of oatmeal in a bowl.
6. To serve: In a small bowl or in a 16 ounce mason jar, combine 1/2 cup oat mixture with 1 cup of milk or water.
7. Microwave on HIGH for 1-2 minutes, stirring halfway through to prevent from bubbling over.
8. Serve immediately and enjoy!

Chef's Note: other mix-in ideas include chia seeds, ground flax seeds, dried fruit (rasberries, blueberries, chopped apricots, chopped dates, freeze-dried apples), nuts (pecans, walnuts, slivered almonds), sunflower seeds, sesame seeds, cocoa powder, dried peanut butter, turmeric, or ground ginger.

Nutrition Facts

1 Servings

Serving size **1/2 cup dry, 1 cup cooked**

Amount per serving

Calories **360**

Total Fat	6 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	0.5 g
Cholesterol	10 mg
Sodium	110 mg
Total Carbohydrate	67 g
Dietary Fiber	2 g
Total Sugars	34 g
Includes 7 g Added Sugars	
Protein	14 g
Vitamin D	15 %
Calcium	26 %
Iron	4 %
Potassium	600 mg
Phosphorus	260 mg
