

## Apple Oatmeal

From California Dept. of Public Health and the Network for a  
Healthy California Champions for Change  
<http://www.cachampionsforchange.net/en/Recipes.php>

### **Ingredients**

- 1¾ cups 100% apple juice
- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- ½ teaspoon ground cinnamon
- 1/8 teaspoon salt (optional)

### **Instructions**

1. Combine all ingredients in a medium, microwave-safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.

Makes 4 servings (¾ cup per serving)

### **Nutrition information per serving:**

Calories 157  
Carbohydrate 34 g  
Dietary Fiber 4 g  
Protein 3 g  
Total Fat 1 g  
Saturated Fat 0 g  
Trans Fat 0 g  
Cholesterol 0 mg  
Sodium 78 mg



**Wellness Center**