

# **Apple Oatmeal**

A tasty recipe packed with good-for-you foods.

### Makes 4 servings.

% cup per serving.

Prep time: 10 minutes

Cook time: 2 minutes

### 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)

## Preparation

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

# **Breakfast Fruit Cup**

Lowfat yogurt dresses up this tasty fruit cup.

### Makes 4 servings.

½ cup per serving.

Prep time: 5 minutes

### Ingredients

- 2 oranges, peeled, seeded, and sliced into bite-size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- 1/3 cup lowfat vanilla yogurt
- ½ teaspoon ground cinnamon

### **Preparation**

- 1. In a small bowl, combine fruit.
- 2. Divide fruit equally into 4 bowls.
- Put a rounded tablespoon of lowfat yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

#### Nutrition information per serving:

Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg