



Apple Oatmeal

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

Makes 4 servings.

¾ 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

⅛ teaspoon salt (optional)

Preparation

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.

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

⅓ cup lowfat vanilla yogurt

½ teaspoon ground cinnamon

Preparation

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. 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