



# 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

⅓ 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