

# Applesauce Oatmeal

Great way to start off your day as this recipe takes oatmeal to a new level. Instead of applesauce, try stirring in a mashed banana for banana oatmeal and, if your mouth isn't sore, add some raisins.

MAKES TWO (3/4-CUP) SERVINGS

- 1 cup skim milk
- 3/4 cup old fashioned oatmeal
- 1/2 cup unsweetened applesauce
- 1 tablespoon light brown sugar
- 1/8 teaspoon ground cinnamon

In a small saucepan, bring milk to a boil. Add the oatmeal and reduce heat. Cook for about 5 minutes or until thickened, stirring occasionally. Add the applesauce, brown sugar, and cinnamon, stirring until well mixed. Serve immediately.

### **Nutritional information per serving**

Calories 212, Protein (g) 9, Carbohydrate (g) 40, Fat (g) 2, Cal. from Fat (%) 9, Saturated Fat (g) 1, Dietary Fiber (g) 4, Cholesterol (mg) 2, Sodium (mg) 68, Diabetic Exchanges: 1.5 starch, 0.5 fruit, 0.5 skim milk, 0.5 other carb.

### **DOC'S NOTES:**

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The oatmeal provides fiber while the applesauce provides vitamin C and beta-carotene.

SORE MOUTH  
OR THROAT