

Food.

APPLESAUCE OATMEAL

Recipe by Karrine McFarlane

Oatmeal your kids and husband will like!

READY IN: 14mins

SERVES: 4

UNITS: US



INGREDIENTS

- 1 cup oatmeal
- 2 cups water
- 1 pinch salt
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- 1 teaspoon vanilla
- 1 tablespoon brown sugar (packed)
- ¾ cup applesauce
- candy sprinkles (optional)

NUTRITION INFO

Serving Size: 1 (192) g

Servings Per Recipe: 4

AMT. PER SERVING	% DAILY VALUE
Calories: 131.6	
Calories from Fat 12 g	10 %
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Total Fat 1.4 g	2 %
Saturated Fat 0.2 g	1 %
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Cholesterol 0 mg	0 %
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Sodium 58.1 mg	2 %
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Total Carbohydrate 27.4 g	9 %
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Dietary Fiber 3 g	12 %
Sugars 3.7 g	14 %
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Protein 2.8 g	5 %

DIRECTIONS

Mix the water, oats, salt, cinnamon, ginger, and vanilla in medium sauce pan.

Bring to a boil and reduce heat to just above medium.

Continue boiling for 3 minutes.

Add sugar and stir.

Add applesauce and stir.

Scoop into bowls and add small amount of milk (do not stir).

Top with sprinkles 4 fun!