Apple cinnamon oatmeal packets



Recipe credit

Adapted from J. Temple’s Food, Fun and Fitness Newsletter

About this recipe

Serves
1
Serving size
1 packet
Time to make
5 minutes preparation; 2 minutes cook time
Special criteria
Vegetarian recipes
Whole grains recipes

Ingredients

- 1/2 cup quick oats oatmeal
- 1 teaspoon sugar
- 1/4 teaspoon cinnamon
- 1-2 tablespoons dried apples, chopped
- 1 cup water

Directions

1. If desired, mix all ingredients into a “packet” to heat and eat later. (See “Tips and Variations” for suggested containers.)

   To heat:
2. Pour contents into a large bowl* and add water.
3. Do not cover and microwave on high for 1 1/2-2 minutes.
4. Top with fresh, chopped apples, if desired.

*Use a 4-cup bowl or the oatmeal will overflow when cooking. Or use only 1/2 of the mix and 1/2 cup water in a smaller bowl.

Tips and variations

- Instead of adding the sugar, cinnamon, and apples, try these variations:
  - Cinnamon Raisin — Add 1 teaspoon brown sugar, 1/4 teaspoon cinnamon, and 1–2 tablespoons raisins.
  - Cinnamon-Spice — Add 1 teaspoon sugar, 1/4 teaspoon cinnamon, and 1/8 teaspoon nutmeg.
  - Cocoa — Add 1 teaspoon baking cocoa and 1 teaspoon sugar, or 2 teaspoons “quick-type” chocolate drink powder.
  - Sweetened — Add 1 teaspoon sugar or 1 teaspoon brown sugar.
- Pre-mix your oatmeal for future use. Assemble your packets in small zipper-style plastic bags or a reusable jar. Or try making a larger batch of each

variation and scoop out 1/2 cup as needed.
- Have children make these packets to give as gifts. Have them make labels for the packets.

Nutritional info

Calories
211
Total fat
2.8 g
Saturated fat
0.45 g
Cholesterol
0 mg
Sodium
59 mg
Total carbohydrates
43 g
Dietary fiber
4.8 g
Protein
5.9 g
Total sugar
13 g

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