

Oatmeal

Ingredients

- 2 cups quick rolled oats
- 4 cups water
- 3/4 tsp cinnamon
- 1-1/2 tbsp light brown sugar, packed

Directions

1. Cook oats in boiling water according to packages instructions.
2. Mix in cinnamon and brown sugar. Serve hot.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 133 calories, 3.31 g fat, 0.63 g saturated fat, 10 mg sodium, 35.82 g carbohydrate, 7.49 g fiber, 18.75 g sugar, 8.15 g protein

