



A Nutrition Resource

COOKED OATMEAL

Yield: 2 Servings | Serving Size: 1 cup
Cost/Serving: \$0.12

Ingredients:

- 2 cups water
- 1 cup oats

Directions:

Stove Top

- 1) Bring water to a boil.
- 2) Add oats and cook over low heat. For old fashioned oats cook 3 to 5 minutes. For Quick Cooking oats cook for 1 to 2 minutes.

Microwave

- 1) Place water and oats in a large microwave safe bowl (It is important that the bowl is large, otherwise the oatmeal will overflow).
- 2) Cook on HIGH. For Old Fashioned oats cook 3 to 5 minutes, stirring after each minute. For Quick cooking oats cook 1 to 2 minutes.

Optional Additions for Cooked Oatmeal:

- Low-fat milk
- Fruit: applesauce, bananas, peaches, raisins/dried fruit, berries
- A small amount of brown sugar, honey, molasses, jam, or maple syrup
- Cinnamon or pumpkin pie spice

Nutrition Facts

2 servings per container
Serving size 1 cup (277g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 150mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Tips: Use dry (whole ground) oatmeal for 1/3 of flour in:

- Pancakes
- Muffins
- Quick breads
- Cookies
- Yeast breads

Grind ½ cup of oatmeal in a blender until powdery. Repeat until desired amount of oatmeal is ground.

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