

## Okey Dokey Oatmeal

*What a way to start the day!*

4, 1/2 cup servings

### Ingredients:

1 1/2 cups water  
2/3 cup old-fashioned oats  
1/2 cup skim milk  
1 apple, washed and diced  
2 tablespoons raisins or chopped dates  
1/4 teaspoon cinnamon

### Directions:

1. In a medium-size pan, bring water to boil. Add oats, reduce heat to low.
2. Cook 5 minutes, stirring occasionally.
3. Remove from heat.
4. Stir milk, apple, raisins or dates, and cinnamon into oatmeal. Cover pan until ready to eat. Serve hot.

*Nutrition Facts: One-half cup provides 90 calories, 1g total fat, 0mg cholesterol, 15mg sodium, 20g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Okey Dokey Oatmeal  
Orange juice  
Low fat milk

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