

Okey Dokey Oatmeal

What a way to start the day!



Level: Easy

Serves: 4, ½ cup each

Kids' Tool Kit

Medium-size pan
Measuring spoons
Measuring cups
Knife
Cutting board
Wooden spoon

Chef's Choice

Okey Dokey Oatmeal
Orange juice
Low fat milk

Ingredients:

1 ½ cups water
¾ cup old-fashioned oats
½ cup skim milk
1 apple, washed and diced
2 tablespoons raisins or chopped dates
¼ teaspoon cinnamon



Directions:

Remember to wash your hands!

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.



Helpful Hints: Breakfast is the most important meal of the day, but also the meal most often skipped. Breakfast eaters feel stronger, more energized and better able to concentrate and problem-solve throughout the day. Oatmeal, a whole grain, is healthy, inexpensive and tasty! Old-fashioned oats and quick-cooking oats can usually be interchanged in recipes.



Safety Tips: Apples should be washed before being eaten or cooked. Washing helps remove dirt, germs and any pesticides that may be on the skin. Even if you are going to peel apples, wash first with clean water!

Nutrition Facts

Serving Size ½ cup (176g)
Servings Per Container 4

Amount Per Serving		
Calories 90	Calories from Fat 10	% Daily Value*
Total Fat 1g		2%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 15mg		1%
Total Carbohydrate 20g		7%
Dietary Fiber 3g		11%
Sugars 7g		
Protein 3g		
Vitamin A 2%	Vitamin C 2%	
Calcium 4%	Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Seven Silly Eaters* by Mary Ann Hoberman. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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.