

# Cinnamon Apple Oatmeal

Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, MS, RD; recipe by Jennifer Raymond, MS, RD

Oats are rich in soluble fiber, which is especially good for lowering cholesterol.

## About the Recipe

**312 Calories · 7 g Protein · 4.7 g Fiber**

**Breakfast**

## Ingredients

***Makes 2 Servings***

- 1 cup old-fashioned or quick-cooking oats
- 2/3 cup apple juice concentrate
- 1 1/3 cups water
- 1/2 teaspoon cinnamon
- 1/2 cup raisins or currants

## Directions

1. Combine oats, apple juice concentrate, water, and cinnamon in a saucepan.
2. Bring to a simmer, then cover and cook 3 minutes.&nbsp;
3. Remove from heat and stir in raisins or currants, if using. Let stand 3 minutes before serving.

## Nutrition Facts

*Per serving (1 cup)*

**Calories:** 312

**Total Fat:** 2.9 g

**Saturated Fat:** 0.5 g

**Calories from Fat:** 8.4%

**Cholesterol:** 0 mg

**Protein:** 7 g

**Carbohydrate:** 66 g

**Sugar:** 32.9 g

**Fiber:** 4.7 g

**Sodium:** 29 mg

**Calcium:** 51 mg

**Iron:** 2.8 mg

**Vitamin C:** 2.1 mg

**Beta-Carotene:** 0 mcg

**Vitamin E:** 0.3 mg