Warm Apple Oatmeal

Yield: 1 serving
Total Time: 5 minutes

Ingredients
½ cup dry original flavor oats
½ cup skim or 1% milk
1 apple
1 Tablespoon peanut butter or 2 Tablespoons chopped walnuts

Optional Toppings:
1 teaspoon honey or brown sugar
¼ teaspoon vanilla extract
¼ teaspoon cinnamon

Preparation Instructions
1. Mix oats and milk together in a bowl that is safe for the microwave.
2. Heat in the microwave for 1½-2 minutes or until cooked.
3. Chop the apple into bite-sized pieces, removing the core.
4. Stir in the apple and peanut butter (or nuts). If desired, add your favorite toppings.

Nutrition Analysis
Per serving: 380 calories; 11g fat (2g saturated, 0g trans); 0mg cholesterol; 140mg sodium; 62g carbohydrate (9g dietary fiber; 27g sugar); 14g protein. Vitamin A 6%, Vitamin C 15%, Calcium 15%, Iron 15% Daily Value.