



# Oatmeal

Makes: 20 child servings [2 L (8 cups)]

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 $\frac{2}{3}$ cups	large flake oats	650 mL
6 cups	water or milk	1.5 L
$\frac{1}{2}$ cup	maple syrup or brown sugar	125 mL
Optional Toppings:	raisins cranberries, dried cinnamon, ground applesauce fruit (fresh, frozen, or canned) coconut, unsweetened granola (recipe included)	

## Instructions

1. In a medium pot, bring water (or milk) to a boil. Add oats. Simmer for 25 minutes or according to package instructions.
2. Add maple syrup or brown sugar.
3. Add Optional Toppings if desired.

### Banana Oatmeal:

Add 4 puréed ripe bananas and desired amount of maple syrup and stir until combined. Add additional milk and Optional Toppings if desired.

### Apple Oatmeal:

Sauté 4 peeled and chopped apples in 60 mL ( $\frac{1}{4}$  cup) butter until golden and tender. Add 10 mL (2 tsp) cinnamon and 50 g ( $\frac{1}{4}$  cup) brown sugar or maple syrup and combine gently. Spread mixture on top of oatmeal.

### For Berry Oatmeal:

Gently stir 250 mL (1 cup) thawed/fresh berries into the oatmeal just before serving.

<b>Nutrition Information</b>	
Serving 100 mL ( $\frac{1}{3}$ cup)	
<b>Calories</b>	90
<b>Fat</b>	1 g
Saturated	0 g
+ Trans	0 g
<b>Sodium</b>	5 mg
<b>Carbohydrates</b>	17 g
Fibre	1 g
Sugars	5 g
<b>Protein</b>	3 g
Calcium	20 mg
Iron	1 mg

### Food Guide Servings

1 Grain Product