

# Oatmeal Packets

Serves 1, serving size: 1 packet

## Ingredients

- ½ cup quick oats
- 1 cup water

### Apple Cinnamon option

Add 1 teaspoon of sugar, 1/4 teaspoon cinnamon, and 2 Tablespoons apples (chopped and dried)

### Cinnamon Raisin option

Add 2 teaspoons packed brown sugar, 1/4 teaspoon cinnamon, and 2 Tablespoons raisins

### Cinnamon Spice option

Add 1 teaspoon of sugar, 1/4 teaspoon cinnamon, and a scant 1/8 teaspoon nutmeg

**Cocoa option** Add 1 teaspoon baking cocoa and 1 teaspoon sugar or 2 teaspoons "quick type" chocolate drink powder

**Sweetened option** Add 1 teaspoon sugar or 2 teaspoons packed brown sugar



## Directions

1. Put quick oats and optional ingredients into a plastic snack or sandwich bag.
2. Seal bag and store for future use.
3. Empty packet into microwave safe bowl when ready to use.
4. Stir in 1 cup water or milk.
5. Microwave on high 2 1/2-3 minutes.
6. Stir before serving.

## Nutrition Facts

Serving Size 1 packet  
Servings Per Container 1

### Amount Per Serving

**Calories** 170

	% Daily Value*
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 2g	
<b>Protein</b> 6g	<b>12%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.



## Chef's Notes

- Top with dried banana chips, small pieces of walnuts or almonds, dried cranberries, or other dried fruits.