



## Oatmeal Sundaes

Number of servings: 4

Serving size: 1 cup

### Equipment:

Stovetop

### Ingredients:

4 cups water

pinch of salt

2 cups rolled oats

1 teaspoon cinnamon

Add your own toppings: fresh fruit, cranberries, raisins, apricots, figs, cherries, blueberries, chocolate chips, coconut, chopped nuts, flax seed, fruit jams or butters, honey, maple syrup.

### Directions:

Put water and salt in a pot and bring to a boil. Reduce heat to medium, add oats and cinnamon and cook for 4 to 5 minutes until oats reach desired consistency. Serve the oatmeal with toppings of your choice.

**Cost per recipe:**

**Cost per serving:**

**MyPlate servings:** 1 ½ servings of grains

## Nutrition Facts

Serving Size 1 cup

Serving Per Container 4

### Amount Per Serving

**Calories** 155

% Daily Values\*

**Total Fat** 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

**Cholesterol** 0mg **0%**

**Potassium** 149mg **4%**

**Sodium** 51mg **2%**

**Total Carbohydrate** 28g **9%**

Dietary Fiber 4g **16%**

Sugars 0g

**Protein** 5g **10%**

\*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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

**\*\*Nutrition Analysis:** performed using  
<https://www.supertracker.usda.gov>

Toppings are not included in nutritional facts.