

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Apple-cherry Cinnamon Oatmeal *(Makes 2 servings.)*

Ingredients

- 1 c. water
- ¼ c. apple-cherry juice
- 1 small apple, peeled, center removed, and chopped
- ⅔ c. old fashioned oatmeal
- 1 tsp. ground cinnamon
- 1 c. 1% low-fat milk

Directions:

1. Combine water, apple-cherry juice, and apple in a small saucepan.
2. Bring to a boil over high heat; stir in the oatmeal and cinnamon.
3. Return to a boil, then reduce heat to low and cook until thick, about 2 minutes.
4. Spoon oatmeal into 2 bowls. Pour ½ cup milk over each serving.

Nutrition info: Serving size: ??, Calories: 190, Total Fat: 3 g, Saturated Fat: 1 g, Cholesterol: 5 mg, Sodium: 60 mg, Total Carbohydrate: 35 g, Dietary Fiber: 4 g, Sugars: 15 g, Protein: 9 g. *Recipe adapted from SNAP-ED Connection Recipe Finder.*

UofA **DIVISION OF AGRICULTURE**
RESEARCH & EXTENSION
University of Arkansas System

www.uaex.edu/COVID19



Your Resource for

COVID-19 INFORMATION

for Agriculture, Families & Communities