

# "Golden Porridge" Oatmeal

**Makes:** 24 or 48 servings

24 Servings                      48 Servings

Ingredients	24 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Old-fashioned rolled oats		4 cups		8 cups
1% (low-fat) or fat-free milk		8 cups		16 cups
Ground cinnamon		2 Tbsp		1/4 cup
Vanilla extract		4 tsp		8 tsp
Brown sugar		8 tsp		16 tsp
Walnuts, chopped		4 cups		8 cups

## Directions

1. In a large saucepan, bring milk to a boil.
2. Combine oats and cinnamon. Mix into milk. Return to a boil.
3. Reduce heat and simmer for 5-10 minutes or until mixture has thickened.
4. Remove from heat and mix in brown sugar, vanilla, and walnuts (optional).

## Notes

Serving Tips:

Oatmeal can be made using water or milk. Add more or less depending on the thickness your children like. For added nutrition, add berries or raisins.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>89</b>	
Total Fat	2 g	
Protein	5 g	
Carbohydrates	14 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	37 mg	