Oatmeal with Apricots and Raisins

Makes: 2 Servings

Ingredients

1 cup old fashioned rolled oats
1/4 cup low-fat milk
2 tablespoons golden raisins
2 tablespoons chopped dried apricots
2 tablespoons chopped roasted almonds
1/8 teaspoon nutmeg

Directions

1. Prepare the oats according to the package directions.
2. Divide between 2 bowls
3. Dividing evenly, top with milk, raisins, apricots, almonds, and nutmeg.

Real Simple

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	291	
Total Fat	10 g	15%
Protein	11 g	
Carbohydrates	41 g	14%
Dietary Fiber	6 g	24%
Saturated Fat	1 g	5%
Sodium	2 mg	0%

MyPlate Food Groups	
Fruits	1/4 cup
Grains	1 1/2 ounces
Protein Foods	1/2 ounce
Dairy	1/2 ounce