

Creamy Raisin Oatmeal

Steamy hot breakfast to start the day.

INGREDIENTS

- 1-1/2 cups water
- 1-1/2 cups milk
- 1 teaspoon salt
- 1-1/2 cups quick oats, uncooked
- 2/3 cup California raisins

PROCEDURE

Bring water, milk and salt to a boil; stir in oats and raisins. Reduce heat and cook slowly for 5 minutes, stirring occasionally. Cover; remove from heat and let stand several minutes before serving.

Serves 5

Nutrition Facts (per serving)

Calories 190 (15% from fat); Total Fat 3.5g (sat 1g, mono <1g, poly <1g);
Cholesterol 5mg; Protein 6g; Carbohydrates 36g; Fiber 3g; Iron 2mg; Sodium 650mg;
Calcium 109mg;

