Oatmeal Two Ways

An easy, healthy way to start the day

Ingredients

Base Recipe – single serving

- 1/4 cup old fashioned rolled oats and 1/2 cup water or 1% milk

Flavors

- **Apple and Cinnamon**- 1/4 cup chopped apple, 2 tablespoons raisins, 1/2 teaspoon cinnamon, 2 tablespoons chopped walnuts
- **Banana and Peanut Butter**- 1/4 cup chopped banana, 1/2 teaspoon vanilla. Add 1 tablespoon peanut butter or almond butter *after* oatmeal is cooked
- **Apricot and Vanilla**- 2 tablespoons chopped dried apricots, 1/2 teaspoon vanilla. Add 1 tablespoon peanut butter or almond butter *after* oatmeal is cooked
- **Masala Chai** – 2 tablespoons dried fruit (raisins, cranberries or apricots) ½ teaspoon cinnamon, ¼ teaspoon each cloves, ginger, cardamom and black pepper. Add 1 tablespoon peanut butter or almond butter *after* oatmeal is cooked

Extras (Mix these in *after* the oatmeal is cooked)

- 1-2 tablespoons chia seeds – these will thicken the oatmeal; include 2 tablespoons of water with seeds when adding to cooked oatmeal
- Plain Greek or plain regular yogurt - adds protein and flavor

Overnight Refrigerator Oatmeal

1. The evening before, combine all ingredients in a lidded container and stir well. The following morning enjoy cold or lightly warmed in the microwave (30-60 seconds).
2. For a short soak time, mix all ingredients with 3/4 cup of boiling water and allow to stand for 15 minutes.

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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Community Health & Wellness

Our Family – Taking Care of Yours

Hot Oatmeal

1. Combine ingredients in a microwavable container (not plastic!) and cook for 3 minutes.
2. Alternatively, cook on the stove over medium heat, stirring frequently, until thickened.
3. If using chia seeds, bananas, yogurt or nut butters, add these *after* cooking.

Nutrition Information – 1 serving

- Calories 290, Carb 39g, Added sugar 0g, Fiber 4g,
- Protein 11g, Fat 11g, Potassium 333, Sodium 114

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.