

Cinnamon Morning Oatmeal

The oats in this recipe makes it a great way to start your day with whole grains. If you are short on time in the morning, make this on the weekend, or the night before. Store it in the fridge and reheat for a quick and easy breakfast.



Ingredients:

1 ½ cup	Old-fashioned rolled oats	375 mL
1 large	Carrot, coarsely grated	1 large
½ cup	Raisins	125 mL
1 tsp	Baking powder	5 mL
1 tsp	Cinnamon	5 mL
¼ tsp	Salt	1 mL
2 cups	1% milk	500 mL
⅓ cup	Pure maple syrup	75 mL
1 large	Egg	1 large
1 Tbsp	Canola oil or melted butter	15 mL
1 tsp	Vanilla	5 mL

Directions:

1. Preheat oven to 375°F (190°C).
2. In an 8 inch (20 cm) baking dish, combine the carrots and dry ingredients.
3. In a bowl, whisk together the wet ingredients and pour over the oats; stir to distribute everything evenly.
4. Bake for 40 minutes, or until the top is golden and the oats have set. Serve warm.

Makes 6 servings (175 mL/ ¾ cup/ 162 g)

Source: developed by Julie Van Rosendaal for Apple Magazine, Alberta Health Services' health and wellness magazine. Photo credit: Apple Magazine/AHS.

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Nutrition Facts	
Per 1/6 of recipe (175 mL/ ¼ cup/ 162 g)	
Amount	% Daily Value
Calories 260	
Fat 6 g	9 %
Saturated 1.5 g + Trans 0 g	8 %
Cholesterol 35 mg	
Sodium 200 mg	8 %
Carbohydrate 45 g	15 %
Fibre 4 g	16 %
Sugars 23 g	
Protein 8 g	
Vitamin A	120 %
Vitamin C	2 %
Calcium	20 %
Iron	15 %

Nutrient Claim	Amount per serving
High in fibre	4 g
Low in saturated fat	1.5 g
High in potassium	400 mg
High in calcium	206 mg
Source of magnesium	19 mg
Source of iron	2 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	½
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Most Often recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.