

Oatmeal

(Nutrition Supplement)

Are you having a hard time eating enough food? Using a nutrition supplement drink may provide you with extra calories and protein to help you meet your nutrient needs.



Ingredients:

1/3 cup	Quick cooking oats	75 mL
1 bottle (1 cup)	Vanilla nutrition supplement drink	235–250 mL
1/4 tsp	Salt	1 mL
	Brown sugar (optional)	
	Cream (optional)	

Directions:

On stove:

1. Mix together oats, vanilla nutrition supplement drink, and salt in small saucepan.
2. Cook over medium heat, stirring constantly until oatmeal has absorbed most of the liquid.
3. Pour into bowl and serve hot.

In microwave:

1. Mix together oats, vanilla nutrition supplement drink, and salt in a microwaveable safe bowl.
2. Microwave for 2 1/2 minutes or until the oatmeal absorbs most of the liquid. Stop to stir each minute.
3. Serve hot.

Optional: Serve with brown sugar and cream.

Makes 1 serving (292 g)

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Nutrition Facts	
Amount per serving 292 g	
Amount	% Daily Value
Calories 390	
Fat 8 g	12 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 5 mg	
Sodium 670 mg	28 %
Carbohydrate 65 g	22 %
Fibre 4 g	16 %
Sugars 19 g	
Protein 14 g	
Vitamin A	38 %
Vitamin C	50 %
Calcium	27 %
Iron	45 %

Using optional ingredients will increase your carbohydrate, fat and calories.

Nutrition information may vary depending on the type of nutrition supplement drink used.