

# Raisin Cinnamon Oatmeal

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1/4 cup orange juice  
1/8 teaspoon ground cinnamon  
1 1/4 cups water  
2/3 cup old fashioned dry oats  
1 tablespoon firmly packed brown sugar  
2 tablespoons raisins

**Makes 2 portions, 3/4 cup each**

Per portion

Calories:	165
Carbohydrate:	35 grams
Protein:	4 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	0
Sodium:	9 milligrams
Dietary fiber:	3 grams

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1. Combine orange juice, cinnamon, and water in a medium saucepan. Bring to a boil over high heat.
  2. Stir in oats and reduce heat to medium-low. Cook for 5 minute, stirring occasionally; remove from heat.
  3. Add brown sugar and raisins to oatmeal. Cover oatmeal and let stand for 8 minutes, or until the desired thickness.