

Fruit Oatmeal – Vegan – SOS

Prep Time: 5 minutes
Cook Time: 5 minutes
Total Time: 10 minutes

Serving Size: 2
Calories per serving: 213
Fat per serving: 5 grams

Ingredients

- 2 cups water
- 1 cup rolled oats
- 1 tablespoons flaxseed
- 1/4 teaspoon ground cinnamon
- 1 apple, diced
-

Instructions

1. Boil the water in a saucepan, and add the cinnamon and oats.
2. Cover the pan and boil it over medium heat, for 5 minutes.
3. Mix the flaxseed with the cooked oatmeal.
4. Remove from heat, mix in the diced apples and serve.

Notes

Nutrition facts (per serving): Calories: 213, from fat: 43, total fat: 5g, cholesterol: 0mg, sodium: 2mg, total carbohydrate: 36g, fiber: 8g, sugar: 1g, protein: 6g.