

RAISIN-APPLE OATMEAL

Recipe

By Pamela M. Smith, R.D

This is a delightful breakfast recipe:

**2/3 cup of old-fashioned oats
1 tsp. vanilla
1-1/2 cups skim milk
1/2 tsp. cinnamon
1/2 cup apple juice, unsweetened
1/2 tsp. pumpkin pie spice
2 Tbsp. raisins, dark or golden**

In a small pot, bring the oats, milk and juice to a boil.

Cook for 5 minutes, stirring occasionally. Add raisins, vanilla, cinnamon, and pumpkin pie spice. Remove from heat, cover the pot and let the oats sit for 2 to 3 minutes to thicken.

This recipe also works well in the microwave. Combine all ingredients and cook for 5 to 6 minutes on high.

Makes 2 servings. Refrigerate any leftovers.

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