Oatmeal with Fresh Fruit Recipe

Yield: 1 cup, serves 1-2 kids

Ingredients
1/2 cups instant oatmeal or oat bran
3/4 to 1 cup boiling water (more or less to preference)
1/2 cups diced fresh fruit or dried fruit
Dash of cinnamon
1 Tablespoon sunbutter (optional)
Drizzle of honey

Instructions for Adults
Boil the water to pour over oatmeal (allow kids to measure the oatmeal first).

Instructions for Kids
- Measure the oatmeal into a medium mixing bowl. Ask an adult to help you pour hot water over the oats, starting with 3/4 cup of boiling water (add more based on preference). Stir the water and oats to combine. Let oatmeal sit for 2-3 minutes to cool.
- Slice fresh fruit with your plastic knife while your oatmeal cools.
- Divide oatmeal into 1/2 cup servings. Add fruit, cinnamon, sunbutter and honey to the oatmeal.
- Stir and enjoy!

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