

# Oatmeal Royale

**Makes:** 2 Servings

Dress up your oatmeal by adding bran flakes cereal and fruit. Bran flakes can be used in a variety of recipes calling for dry, ready-to-eat cereal.

## Ingredients

- 1 cup water
- 1/2 cup orange juice
- 1/4 cup raisins
- 1 apple (medium, peeled, center removed, and chopped)
- 2/3 cup oats
- 1/3 cup bran flakes cereal
- 1/4 teaspoon cinnamon
- 1 banana (peeled and chopped)

## Directions

1. Combine water, orange juice, raisins, and apple in a medium pan. Bring to a boil.
2. Stir in oats and bran flakes, reduce heat, and cook for 6 minutes. Stir every 2 minutes.
3. Remove from heat and stir in cinnamon and banana pieces before serving.

**Source:** Recipe adapted from Commodity Supplemental Food Program Cookbook

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>300</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	N/A
Cholesterol	N/A
<b>Sodium</b>	<b>60 mg</b>
<b>Total Carbohydrate</b>	<b>70 g</b>
Dietary Fiber	8 g
Total Sugars	34 g
Added Sugars included	N/A
<b>Protein</b>	<b>34 g</b>
Vitamin D	N/A
Calcium	113 mg
Iron	4 mg
Potassium	N/A

N/A - data is not available