Orange Cranberry Oatmeal

Home Recipe

Serves: 5
Prep Time: 5 minutes
Cook Time: 10 Minutes

Ingredients

- 2 oranges or satsumas
- 1 tsp orange zest
- 2 ¾ cup milk
- ½ cup dried cranberries
- 2 ½ cup oats
- 1 tsp sugar
- 2 tsp brown sugar
- ¼ tsp cinnamon
- Optional: toasted walnuts

Nutrients Per ¾ Cup Serving

- Calories: 243
- Total Fat: 2.6 g
- Saturated Fat: 0.5 g
- Cholesterol: 2.17 mg
- Sodium: 60 mg
- Carbohydrates: 45 g
- Dietary Fiber: 5.7 g
- Protein: 9.5 g
- Calcium: 271 mg
- Iron: 1.6 mg
- Vitamin C: 31.4 mg

Cooking Instructions

1) Zest orange to get 1 teaspoon of zest. Supreme the oranges (or peel the satsumas) and cut the segments into ½ inch pieces.
2) In a large pot, bring the milk to a boil. Add the orange zest, dried cranberries, oats, sugars, and cinnamon. Reduce heat and let the oats cook for about 5 minutes.
3) Remove from heat and stir in ¾ cup of orange pieces. Serve topped with extra orange slices and walnuts.

*Notes*

- To create this same recipe in an overnight oats version, take all the ingredients and combine in a large mixing bowl. Portion into five air-tight containers and store in the refrigerator for at least two hours or up to one week. Overnight oats can be enjoyed hot or cold.

For More Information

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