

Louisiana HARVEST of the MONTH

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 $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup dried cranberries
- 2 $\frac{1}{2}$ cup oats
- 1 tsp sugar
- 2 tsp brown sugar
- $\frac{1}{4}$ tsp cinnamon
- Optional: toasted walnuts

Nutrients Per $\frac{2}{3}$ Cup Serving

• Calories	243
• Total Fat	2.6 g
• Saturated Fat	0.5 g
• Cholesterol	2.17mg
• 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 $\frac{1}{2}$ 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 $\frac{3}{4}$ 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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