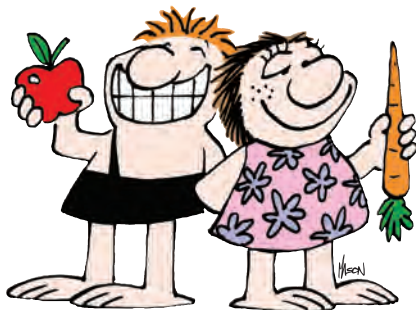


REX & ROXY'S ROCKIN' APPLE OATMEAL



A RECIPE FOR A HEALTHIER YOU!

REX & ROXY'S ROCKIN' APPLE OATMEAL

Servings per recipe: 1

INGREDIENTS:

- 1 package plain oatmeal, or 1/2 cup uncooked oats
- 3/4 cup water
- 1/4 cup apple, diced
- 1/4 cup dried cranberries or other dried fruit, such as raisins
- 1/2 teaspoon cinnamon

DIRECTIONS:

Mix dry oatmeal with water, diced apples and cranberries in a microwave-safe bowl. Cook in microwave for 1.5 – 2 minutes. Stir in cinnamon. Rock out with your bowl of oatmeal!

NUTRITION FACTS (per serving): 272 calories, 2.5g fat, 0.5g saturated fat, 0g Trans Fat, 0mg cholesterol, 8g sodium, 54g carbohydrates, 6.5g fiber, 23g sugar, 7g protein, 0% DV Vitamin A, 2% DV Vitamin C, 4% DV Calcium, 11% DV Iron