

CINNAMON-RAISIN OATMEAL

Cooking Time: 8 -10 minutes
Makes 1 serving

Ingredients

175 mL (3/4 cup) unsweetened apple juice or water

Pinch salt

75 mL (1/3 cup) quick-cooking rolled oats

15 mL (1 T.) raisins

1 mL (1/4 tsp.) cinnamon

Directions

In saucepan, bring apple juice and salt to boil; whisk in rolled oats, and cinnamon.

Reduce heat and simmer, whisking constantly, until desired thickness, 4 to 5 minutes.

Top with berries and milk for a complete meal.

What's the difference between rolled oats and steel-cut oats?

Rolled oats and steel-cut oats are nutritionally very similar: both are whole grains, rich in soluble fibre, and healthy choices.

The difference between the two is in the processing: rolled oats are steamed, toasted, and pressed before packaging so they are quicker to cook and easier to chew, while steel-cut oats are toasted and chopped into small pieces (without being steamed or pressed) so they take longer to cook and are a bit chewier.

Steel-cut oats have a slightly lower Glycemic Index (because they are less processed) so are the best choice for people with diabetes or blood sugar problems. Rolled oats are a quick, easy, and healthy choice for people in a hurry.



Image courtesy <http://www.morguefile.com>

Rolled oats are a nutritious whole grain, and are very inexpensive and quick to prepare.

This recipe adds a little bit of sweetness and spice without a lot of added sugar that the instant oatmeal packets often contain.

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ High-fibre
- ✓ Gluten free
- ✓ Source of iron



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