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.

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**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.

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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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