

Fast Oatmeal

submitted by fcain



Per serving: 244 Calories • 58.3g Carbs (6.2g Fiber) • 1.2g Fat • 6g Protein

Ingredients

Ingredients scaled to: 1 bowl

- 1 oz (60 raisins) **Raisins** (28.4 grams)
- 1 cup **Water** (237 grams)
- 1/4 tsp **Cinnamon** (0.65 grams)
- 2 tsp brownulated **Brown sugar** (6.4 grams)
- 1/2 cup **Oatmeal** (40 grams)

Directions

Directions are based on the original recipe of 1 bowl

1. Add the oats, water and raisins together and put in the microwave for 45 seconds. Stir once and then microwave again for 45 seconds.

Set it aside for a couple of minutes to absorb more liquid. Then sprinkle with cinnamon and brown sugar.