

Oatmeal and raisins

submitted by 1337pete



Per serving: 259 Calories • 62.3g Carbs (6.1g Fiber) • 1.2g Fat • 6.2g Protein

Ingredients

Ingredients scaled to: 1 cup

1 cup **Water** (237 grams)

1 tsp **Maple syrups** (6.7 grams)

1/4 cup (not packed) **Raisins** (36.3 grams)

1/2 cup **Oatmeal** (40 grams)

Directions

Directions are based on the original recipe of 1 cup

1. Combine raisins with water and stir in the oatmeal. Microwave until cooked according to package directions, about 2 minutes.
2. Remove, add maple syrup, and eat.