

# Creamy Hot Oatmeal

Yield: 1 Cup



## Ingredients:

- |                             |         |           |
|-----------------------------|---------|-----------|
| • Whole milk*               | 1 cup   | (250 mL)  |
| • Whole or skim milk powder | 2 Tbsp. | (30 mL)   |
| • Quick oats                | 1/3 cup | (80 mL)   |
| • Raisins                   | 2 Tbsp. | (30 mL)   |
| • Maple syrup               | 1 tsp   | (5 mL)    |
| • Whipping cream (35% MF)   | 1Tbsp.  | (15 mL)   |
| • Cinnamon                  | 1/4 tsp | (1.25 mL) |

\*Note: can substitute with flavoured nutrition supplement or a milk alternative or a combination.

## Instructions:

1. Pour milk into a small pot.
2. Add milk powder and oats. Stir to combine.
3. Put the pot on the stove and turn the heat to high. Bring the mixture to a boil, stirring often.
4. Once boiling, turn the heat down to medium. Keep stirring until thickened. The oatmeal will take between 3-5 minutes to cook.
5. Remove the pot from the burner and turn off the stove. Spoon the hot oatmeal into a serving bowl. Top with raisins, maple syrup, whipping cream, and cinnamon.

Recipe Source: Adapted with permission from Nutrition Services, Oatmeal® 2018

## Equipment List:

- Small pot
- Heat proof spoon
- Spatula
- Set of measuring cups
- Set of measuring spoons
- Liquid measuring cup
- Bowl and spoon for serving



## Nutrition Facts

Per 1/2 cup

<b>Calories 240</b>	<b>% Daily Value*</b>
<b>Fat 9 g</b>	12 %
Saturated 6 g	30 %
+Trans 0 g	
<b>Carbohydrate 29 g</b>	
Fibre 2 g	7 %
Sugars 17 g	34 %
<b>Protein 9 g</b>	
<b>Cholesterol 30 mg</b>	
<b>Sodium 85 mg</b>	4 %
Potassium 358 mg	8 %
Calcium 234 mg	20 %
Iron 1 mg	6 %

\*5% or less is a little, 15% or more is a lot

South Health Campus Wellness Kitchen  
ahs.ca/shcwellness  
May 23, 2023

© 2023 Alberta Health Services, Nutrition Services and South Health Campus Wellness Kitchen

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied, or statutory, as to the accuracy, reliability, completeness, applicability, or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions demands or suits arising from such use.

