

Oatmeal with Ripe Fruit

- 2 cups **quick oats**
- 3 1/2 cup **water**
- 1/2 cup **dried fruit** (such as raisins or dried cranberries)
- 1 **ripe apple, pear, or** 3/4 cup **ripe berries**
- 1/4 tsp **salt**
- 1 tsp **brown sugar** (optional)
- 1/2 tsp **cinnamon**

1. Cut apple off of core and dice into small pieces.
2. Combine all ingredients above in a saucepan. If using berries, add at the end of cooking.
3. Bring to a boil. Cook 1 minute over medium heat, stirring occasionally.
4. Serve with extra fruit, cinnamon or honey on top.

Makes 6 servings

Other Recipes Using Ripe Fruit:

- Applesauce (Can also be done with pears.)
- Roasted apples with winter squash or sweet potatoes
- Add fruit to your favorite muffin recipe
- Add fruit to your pancakes

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 35g **12%**

Dietary Fiber 4g **16%**

Sugars 13g

Protein 5g

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Courtesy of
Greater Pittsburgh
**community
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**NC COOPERATIVE
EXTENSION**

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**Steps to
Health**
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Program Education (SNAP-Ed)

EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

Ripe Fruit



Spotted, soft, or completely brown bananas?

Don't throw them away. Peel bananas and cook into baked goods. Or freeze for up to a year to use later.

Great recipe options:

Banana Pancakes, Banana Bread, Smoothies
and Banana Bread Pudding



Citrus looking discolored? Save juice in fridge or freezer for a dressing, marinade or to flavor your water.



Brown spots, bruises, or soft spots on your apples or pears?
Cut off bruised area and use fruit in recipe on back.



Overripe berries or squishy peaches?
Trim bad spots and make into a jam or freeze for later.