

# Oatmeal with Fresh Fruit Recipe



Yield: 1 cup, serves 1-2 kids

## Ingredients

1/2 cups instant oatmeal or oat bran

3/4 to 1 cup boiling water (more or less to preference)

1/2 cups diced fresh fruit or dried fruit

Dash of cinnamon

1 Tablespoon sunbutter (optional)

Drizzle of honey

## Instructions for Adults

Boil the water to pour over oatmeal (allow kids to measure the oatmeal first).

## Instructions for Kids

- Measure the oatmeal into a medium mixing bowl. Ask an adult to help you pour hot water over the oats, starting with 3/4 cup of boiling water (add more based on preference). Stir the water and oats to combine. Let oatmeal sit for 2-3 minutes to cool.
- Slice fresh fruit with your plastic knife while your oatmeal cools.
- Divide oatmeal into 1/2 cup servings. Add fruit, cinnamon, sunbutter and honey to the oatmeal.
- Stir and enjoy!

Your Sandwich Can Save the World! Food Literacy Curriculum

© 2020 Food Literacy Center. All rights reserved.

Do not copy or share without written permission.

Find more recipes at: [www.foodliteracycenter.org](http://www.foodliteracycenter.org)

