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## Swiss Oats

### Ingredients:

- 1 ¼ cup rolled oats (quick or old fashioned), uncooked
- 1 ¼ cups orange juice
- 1 medium apple, chopped or 1 small ripe banana, chopped
- 1 Tablespoon sugar

*Makes 4 servings - 11% calories from fat*

### Instructions:

1. Combine all ingredients in a medium mixing bowl; mix well.
2. Cover; refrigerate overnight.
3. Serve cold or hot\* with milk or yogurt, if desired.
4. Store in refrigerator up to 1 week.

### Notes:

- Add ¼ cup chopped nuts.
- To heat one serving, place ½ cup cereal in microwavable bowl. Microwave at high 1 minute 30 seconds to 2 minutes; stir.

<b>Nutrition Facts</b>	
Serving Size 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 20</b>
<b>% Daily Value*</b>	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 8g	
<b>Protein 5g</b>	
Vitamin A 2%	• Vitamin C 60%
Calcium 2%	• 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	



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