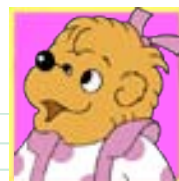


# Berenstain Bears' Breakfast Oatmeal



Prep time: 10 minutes Makes 2 Servings Serving Size: 1/2 Cup Oatmeal



## Ingredients

- 1 cup oats
- 1 cup water
- 1 cup 2% milk
- 1 tsp. vanilla extract
- 1 small apple, chopped
- 1 tbsp. golden raisins
- 1 tbsp. raisins
- Blueberries, raspberries and honey for decoration

## Supplies

- Cutting board and knife
- Small cooking pot
- Bowl
- Mixing spoon
- Measuring cups and spoons
- Serving plate

## Directions

1. In a small cooking pot, bring the oats, water and milk to a boil. Reduce heat to low and cook for approximately 5-8 minutes until the all of the liquid is absorbed and the oatmeal thickens.
2. Add the vanilla extract, chopped apple and raisins to the mixture and stir well.
3. Spoon the oatmeal onto the serving plate and decorate with a bear face. Use some runny honey to make the face of the bear shiny. Then use blueberries for the eyes and mouth and a raspberry for the nose.

Time-saving tip: Use instant oatmeal if you are in a hurry.

\*Parents make the oatmeal and preschoolers can help decorate the bear's face!

## Nutritional Facts

Servings per Recipe: 2

### Amount Per Serving

Calories:	324cal
Protein:	10g
Fat:	4g
Saturated Fat:	2g
Carbohydrate:	62g
Fiber:	7g
Cholesterol:	10mg
Sodium:	76mg
Calcium:	199mg
Iron:	1.5mg
Folate:	20mcg

Note: Nutritional analysis may vary depending on ingredient brands used. Values were rounded to nearest whole number, except for iron.

Nutritional analysis and facts have been provided by:



For more information about fun family recipes and keeping kids healthy and well, visit [www.kidshealth.org](http://www.kidshealth.org)

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