

# SPLICED OATMEAL WITH DATES

SERVES 2

## INGREDIENTS



1 CUP

2 CUPS WATER

1/4 TEASPOON

1 PINCH GINGER

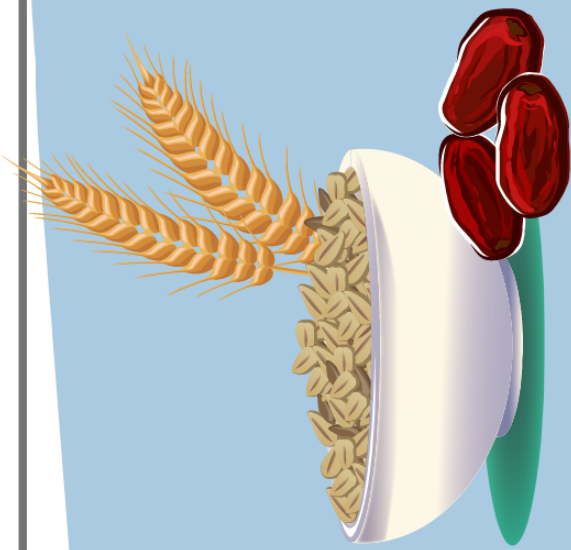
1 PINCH NUTMEG

4 DATES

## ROLLED OATS

## INSTRUCTIONS

1. Measure 1 cup of oats and pour into a small pot with 2 cups of water
2. Measure the spices and add to the pot
3. Remove pit from dates and chop dates into small pieces
4. Cook on a medium flame for about 5 minutes to desired thickness; stir throughout to prevent burning



## Nutrition Facts

Servings: 2

Amount per serving

**Calories**

**203**

% Daily Value\*

Total Fat 2.7g

4%

Saturated Fat 0.5g

2%

Cholesterol 0mg

0%

Sodium 10mg

0%

Total Carbohydrate 40.4g

15%

Dietary Fiber 5.6g

20%

Total Sugars 10.9g

Protein 5.8g

Vitamin D 0mcg

0%

Calcium 38mg

3%

Iron 2mg

11%

Potassium 261mg

6%

Healthy Food.  
Healthy Moves.  
Healthy YOU.

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Einstein  
More than Medicine

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