



OATMEAL WITH MILK AND CINNAMON

June 1

World Milk Day

INGREDIENTS

- 2 Cups Water
- 2 Cinnamon Sticks
- 1½ Teaspoons Vanilla Extract
- 1½ Cups Rolled Oats
(enriched or whole grain-rich)
- 2 Cups Milk
- 3-4 Tablespoons Sugar
- ¼ Teaspoon Salt
- Cinnamon Powder

DIRECTIONS

1. Bring the water to a boil with the cinnamon sticks and vanilla extract in a saucepan over high heat.
2. When it starts to boil, add the oats and cook over medium heat for about 5 minutes, occasionally stirring to prevent sticking.
3. Add the milk, sugar, and salt, stir, and cook over low heat for about 5 minutes, frequently stirring to prevent sticking.
4. Let stand covered for 5 minutes.
5. Discard the cinnamon sticks and serve hot with a little ground cinnamon.

MEAL PATTERN CONTRIBUTION



Grain

MEAL TYPE



Breakfast

YIELD

3 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	¼ Cup	½ Cup	1 Cup