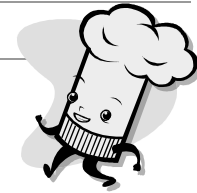

Apple Cinnamon Oatmeal

Ingredients:

1/2 cup	Apple Sauce
1/4 cup	Quaker Rolled Oats
2-4 packets	Splenda
	Ground Cinnamon (to taste)



Directions:

1. Combine applesauce, oatmeal, and Splenda packets in a small bowl.
2. Mix ingredients.
3. Top the mixture with ground cinnamon.
4. Chill or serve immediately.

Nutritional Breakdown:

Total Calories	125.5
Fat	1.5 grams
Carbohydrates	25.5 grams
Protein	2.5 grams

