

Spiced Irish Oatmeal

Steel-cut oats are larger than ordinary rolled oats because they're cut into pieces rather than being rolled.

CARB GRAMS PER SERVING: 27

Ingredients

3 cups water

1 cup steel-cut oats

1 tablespoon packed brown sugar or brown sugar substitute equivalent to 1 tablespoon packed brown sugar*

¼ teaspoon ground cinnamon

⅛ teaspoon salt

⅛ teaspoon ground allspice

Dash ground cloves or ground nutmeg

3 cups fat-free milk

Directions

1. In a 2-quart saucepan, combine the water, steel-cut oats, brown sugar, cinnamon, salt, allspice, and cloves or nutmeg.
2. Bring to boiling; reduce heat. Simmer, uncovered, for 10 to 15 minutes or until desired doneness and consistency, stirring occasionally. Serve with milk. Makes 3 cups (six ½-cup servings).
3. *Test Kitchen Tip: If using a brown sugar substitute, we recommend Sweet 'n Low® Brown or Sugar Twin® Granulated Brown. Use 1 ½ teaspoons Sweet 'n Low® Brown or 1 tablespoon Sugar Twin® Granulated Brown in place of the packed brown sugar.

Nutrition Facts per ½-cup serving with brown sugar substitute: 149 cal. 2 g total fat (0 g sat. fat), 2 mg chol., 106 mg sodium, 24 g carbo., 3 g fiber, 9 g pro.

Exchanges: 0.5 milk, 1.5 starch

Carb choices: 1.5



Nutrition Facts

| | |
|---------------------|--------------|
| Calories | 158 |
| Total Fat | 2g |
| Cholesterol | 2mg |
| Sodium | 106mg |
| Carbohydrate | 27g |
| Fiber | 3g |
| Protein | 9g |

Diabetic Exchanges

| | |
|----------------------|------------|
| Starch (d.e.) | 1.5 |
| Milk (d.e.) | .5 |