

Atole de Avena

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/avena-mexican-oatmeal-drink-recipe>

Ingredients:

- 1 cup oats old fashioned
- 3 cups water
- 1 stick cinnamon Mexican
- 1 cup brown sugar
- 5 cups milk
- 1 teaspoon vanilla Mexican

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 30 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 4 grams
8. Sodium: 240 milligrams
9. Sugar: 54 grams

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