

Holiday Oatmeal

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/the-cooking-milk-holiday-recipe-guide>

Ingredients:

- 3 cups rolled oats
- 5 1/2 cups milk or water
- 2 apples diced small, about 2 cups
- 1/2 cup dried cranberries
- 1/2 cup pecans chopped
- 1/2 teaspoon kosher salt
- 2 bananas medium, sliced
- 1/3 cup brown sugar

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 25 milligrams
4. Fat: 19 grams
5. Fiber: 9 grams
6. Protein: 19 grams
7. SaturatedFat: 4 grams
8. Sodium: 400 milligrams
9. Sugar: 38 grams

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