

# Chamorado Oatmeal

## Ingredients:

1/2 cup oats  
 1 cup low fat milk  
 2 tablespoons unsweetened cocoa powder  
 1 tablespoon brown sugar  
*Optional:* 1 teaspoon cinnamon & 1 teaspoon condensed milk



**Servings:** 1

## Instructions:

1. In a pan add oats and milk and heat over medium heat until softly boiling. Stir to thoroughly combine.
2. Lower heat to low and cover. Simmer for 10-15 minutes until oats are cooked through.
3. Add cocoa powder and brown sugar and continue heating on low heat for 1-2 minutes, stirring frequently to combine.
4. Serve with cinnamon and condensed milk.

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 Bowl (304g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>300</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 54g	<b>20%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 22g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	<b>30%</b>
Vitamin D 3mcg	15%
Calcium 345mg	25%
Iron 6mg	35%
Potassium 676mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.