Cornell University
Cooperative Extension

173 South Grand Street
Cobleskill, New York 12043
t. 518.234.4303
t. 518.296.8310
f. 518.234.4305

Swiss Oats

Ingredients

1¼ cup rolled oats (quick *or* old fashioned), uncooked

1¼ cups orange juice

1 medium apple, chopped *or* 1 small ripe banana, chopped

1 Tablespoon sugar

Makes 4 servings

Instructions

1. Combine all ingredients in a medium mixing bowl; mix well.
2. Cover; refrigerate overnight.
3. Serve cold *or* hot* with milk or yogurt, if desired.
4. Store in refrigerator up to 1 week.

Notes:

- Add ¼ cup chopped nuts.
- To heat one serving, place ½ cup cereal in microwavable bowl. Microwave at **high** 1 minute 30 seconds to 2 minutes; stir.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 170	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 4g	**16%**
Sugars 8g	
Protein 5g	

Vitamin A 2% • Vitamin C 60%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

11% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. March 2010

Eat Smart New York! ESNY

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