

Breakfast Yogurt & Oats

Simple and sweet way to start your day.

Cooking Information:

Serves: 2

Total Time: 5 minutes



Ingredients:

- * 2 cups rolled oats
- * 2 cups of milk (preferably soy)
- * 1 tbsp raisins
- * 1 apple, diced
- * 1 pear, diced
- * 1 cup non-fat yogurt
- * cinnamon to taste

Magnesium Per Ingredient*:

221 mg
122 mg
4 mg
4 mg
12 mg
43 mg

Directions

Mix the oats and milk in bowl. Add the remaining ingredients. Add cinnamon to taste.

One serving of this recipe contains approximately 203 mg of magnesium* based on the *Magnesium Calculator* within this site. Visit our *Magnesium Calculator* to find out how much magnesium is in your favorite recipes.

***This is only an approximation of magnesium intake.**