

# **Apple Chai Oatmeal**

## **Author: Medifast**

### **Ingredients**

1 packet Medifast Apple Cinnamon Oatmeal  
1-2 tablespoons sugar-free Chai syrup  
1/2-3/4 cup cold water

### **Method**

Empty oatmeal into a microwavable container and add water. Heat 1 1/2-2 minutes or until it starts to boil. Add syrup and stir well.

### **Nutritional Info.**

Cal 100 | Fat 1.5g | Chol 0mg | Carb 15g | Pro 11g