

Caramel Apple Oatmeal

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Ingredients

1 packet Medifast Apple Cinnamon oatmeal
2 tablespoons sugar-free Caramel 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