



Fruit and Nut Oatmeal

<u>U.S.</u>		<u>Metric</u>
1 1/2 cups	Quick Oats	133 g
3 cups	Milk or Almond Milk, unsweetened	710 mL
1/8 tsp	Salt, Kosher	0.75 g
2 Tbsp	Light Brown Sugar	26 g
1/4 tsp	Cinnamon, ground	0.6 g
2 Tbsp	Walnuts, rough chopped, toasted	14 g
1 cup	Fruit (sliced strawberries, blueberries, banana, etc.)	166 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a small saucepan over medium-high heat. Add the oatmeal and toast for about 5 minutes, stirring frequently.
3. When oatmeal is golden brown in color, turn down the heat to medium-low and add the milk.
4. Add the salt, cinnamon, and sugar. Cook the oatmeal for about 5 minutes, stirring frequently, until most of liquid has been absorbed.
5. If oatmeal is too thick, add 1-2 Tbsp of additional of milk or water.
6. Top with toasted walnuts and serve 1 cup portions. Finish with fresh fruit and enjoy!

Variation: You may use coconut, almond, or soy milk as an alternative. Try different kinds of fruits and nuts.

**** Nutrition Facts on Reverse**

Nutrition Facts

3 Servings

Serving size **1 cup of oatmeal, plus toppings**

Amount per serving

Calories **370**

Calories from Fat 100

Total Fat 11 g

 Saturated Fat 4 g

 Trans Fat 0 g

 Monounsaturated Fat g

Cholesterol 0 mg

Sodium 180 mg

Total Carbohydrate 58 g

 Dietary Fiber 6 g

 Total Sugars 26 g

 Includes 8g Added Sugars

Protein 15 g

Vitamin D 0 %

Calcium 30 %

Iron 2 %

Potassium 430 mg

Phosphorus 235 mg
