



## Fruit and Nut Oatmeal (Large Font)

Try switching up the fruit and nuts that you use to create interesting flavor combinations!

### U.S.

1 1/2 cups	Quick Oats
3 cups	Milk or Almond Milk
1/8 tsp	Kosher Salt
2 Tbsp	Brown Sugar
1/4 tsp	Cinnamon, ground
2 Tbsp	Walnuts, toasted, chopped
1 cup	Frozen Blueberries, thawed

### Metric

135 g
710 mL
0.75 g
26 g
0.6 g
15 g
140 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Heat a small pot over medium-high heat and add the oats. Toast the oats for about 5 minutes, until they begin to turn light brown, stirring frequently.
3. Reduce the heat to medium-low and add the milk, salt, cinnamon, and brown sugar. Cook for about 5 minutes, until most of the milk has been absorbed but the oats are still creamy. If the oatmeal gets too thick, add 1-2 Tbsp of additional milk or water.
4. Divide the walnuts and blueberries between each 1 cup serving.

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## Nutrition Facts

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3 Servings

**Serving size**                    **1 cup**

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**Amount per serving**

**Calories**                            **390**

Calories from Fat                100

**Total Fat**                            11 g

    Saturated Fat                    4 g

    Trans Fat                            0 g

    Monounsaturated                1.5 g

**Cholesterol**                        20 mg

**Sodium**                                200 mg

**Total Carbohydrate**            58 g

    Dietary Fiber                    6 g

    Total Sugars                     25 g

        Includes 8g Added Sugars

**Protein**                                15 g

Vitamin D                            20 %

Calcium                                30 %

Iron                                      2 %

Potassium                            381 mg

Phosphorus                          230 mg

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