



## Pecan Brown Sugar Oatmeal with Berries

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

**\*\*Multiply Recipe by 3\*\***

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Quick Oats	44.5 g
1 cup	Almond Milk, unsweetened	235 mL
1/8 tsp	Salt, Kosher	0.75 g
2 tsp	Light Brown Sugar	8.8 g
1/4 tsp	Cinnamon, ground	0.6 g
1 Tbsp	Pecans, rough chopped, toasted	7 g
1/4 cup	Blueberries or Strawberries, sliced	37 g

### Preparation:

1. Gather all ingredients and equipment.
2. In a small sauce pot over medium-high heat, add oats and cook about 5 minutes or until golden brown, stirring frequently.
3. Next, remove pot from heat and add almond milk.
4. Place back over low-medium heat and add salt, sugar, and cinnamon.
5. Cook for another 5 minutes, stirring frequently until most of liquid has evaporated.
6. Top with toasted pecans and fruit and serve.
7. If oatmeal is too thick, add 1-2 tbsp of additional almond milk.

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### Nutrition Facts

<b>Serving size</b>	<b>1 cup</b>
<b>Servings</b>	<b>1</b>
<b>Calories</b>	330
Calories from Fat	140
Total Fat	16 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	180 mg
Carbohydrates	44 g
Dietary Fiber	7 g
Sugars	13 g
Protein	8 g
Vitamin A	10 %
Calcium	45 %
Vitamin C	6 %
Iron	2 %

Phosphorus 20 mg

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