



Fruit and Nut Oatmeal

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

Preparation:

1. Gather all ingredients and equipment.
2. Preheat a small saucepan over medium-high heat. Add the oatmeal and toast for about 3 minutes, stirring frequently.
3. When oatmeal is light brown in color and starts to give off a nut-like aroma, turn down the heat to medium-low and add the milk.
4. Add the salt, cinnamon, and sugar. Cook the oatmeal for about 15 minutes (****Note:** if using quick oats, reduce cooking time to about 5 minutes), stirring frequently, until most of liquid has been absorbed and oats are soft.
5. If oatmeal is too thick, add water as needed to thin it out.
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**

Total Fat	11 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	0 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
