

Creamy Oatmeal with Oranges, Tart Cherries, and Nuts

1 serving

INGREDIENTS:

- 1 tablespoon chopped walnuts
- 1 teaspoon maple syrup
- 1 1/4 cup low-fat milk with DHA, divided
- 2 teaspoons orange zest
- 5 tablespoons chopped tart cherries
- 2 teaspoons Splenda
- 1/8 teaspoon nutmeg
- Dash of salt (optional)
- 1/2 cup old-fashioned rolled oats

DIRECTIONS:

- Preheat oven to 350 degrees.
- Place nuts in a small bowl and drizzle with maple syrup. Toss and let stand for 10 minutes. Place on tinfoil and bake for 10 minutes or until toasted. Remove and let cool.
- In a small saucepan, place 1 cup milk, orange zest, cherries, Splenda, nutmeg, and salt. Bring to a gentle boil. Add oats, return to boil, reduce heat and simmer for 5 minutes or until almost all liquid is absorbed. Meanwhile, warm remaining 1/4 cup milk.
- Place oats in a bowl, top with remaining milk and toasted pecans. Serve.

Eat Your Way to Happiness by Elizabeth Somer: pages 232-233