

Nutty Oatmeal with Apples

EASY | RECIPE

- 1/2 cup **whole oats**
(about 3/4 cup cooked)
- 1 cup **low-fat milk**
- 1 medium **apple**, peeled, cored
and diced
- 1/4 tsp **cinnamon** or **nutmeg**
- 2 tbsp chopped **walnuts**
- 1 tbsp **dried cherries**

Cook oats per package directions. Pour cooked oatmeal equally into 2 bowls; stir in milk, then apples. Top each serving with spice, walnuts and cherries.



MAKES 2 (1-CUP) SERVINGS. Per Serving:

254 calories | 12.8g protein | 7.7g total fat | 1.2g sat fat | 1.6g mono fat | 4.5g poly fat
| 2.5mg cholesterol | 47.6g carbs | 17.9g sugar | 8.6g fiber | 67.8mg sodium