



## Creamy Oatmeal with Oranges, Tart Cherries, and Nuts

### Ingredients:

1 Tablespoon chopped walnuts  
1 teaspoon maple syrup  
1 cup Heritage Foods 1% low-fat w/DHA  
2 teaspoons orange zest  
1/4 cup + 1 Tablespoon chopped tart cherries  
2 teaspoons Splenda  
1/8 teaspoon nutmeg  
dash of salt (optional)  
Vz cup rolled oats  
¼ cup Heritage Foods 1% low-fat w/DHA, warmed

### Directions:

- 1) Place nuts in a small bowl and drizzle with maple syrup. Toss and let stand for 10 minutes. Place on tin foil in oven preheated to 350 degrees F for 10 minutes or until toasted. Remove and let cool.
- 2) In a small saucepan, place milk, orange zest, cherries, sugar, 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.
- 3) place oats in a bowl, top with remaining milk and toasted pecans, and serve.  
(Makes 1 serving.)

Nutrition Analysis: 507 Calories, 18% fat (10 g, 3 g saturated), 67% carbs (85 g), 15% protein (19 g), 7 g fiber, 439 mg calcium, 36 mcg folate, 3 mg iron, 163 mg sodium.

