

CREAMY STEEL CUT OATS WITH APPLE, CHERRY, AND WALNUTS

Yield: 1 Portion

| Ingredients | Amounts |
|--------------------|---------|
| Quick-cooking oats | ½ cup |
| Dried Cherries | 2 Tbsp. |
| Apple Juice | 1 ½ cup |
| Cinnamon, ground | ¼ tsp. |
| Salt | pinch |
| Vanilla Yogurt | ¼ cup |
| Brown Sugar | 1 Tbsp. |
| Walnuts, chopped | 1 Tbsp. |

Method

1. Combine the oats, dried cherries, apple juice, cinnamon, and salt in a microwave-safe bowl.
2. Cook on P10 for 2-3 minutes, stirring every 30 seconds until thickened.
3. Top with yogurt and sprinkle with brown sugar and walnuts.

| Nutrition Facts | |
|---|---|
| Serving Size 1 serving | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 480 | Calories from Fat 70 |
| <small>% Daily Value*</small> | |
| Total Fat 8g | 12% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 330mg | 14% |
| Total Carbohydrate 97g | 32% |
| Dietary Fiber 5g | 20% |
| Sugars 64g | |
| Protein 9g | |
| Vitamin A 15% | • Vitamin C 10% |
| Calcium 10% | • Iron 15% |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small> | |
| | <small>Calories: 2,000 2,500</small> |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| <small>Calories per gram:</small> | |
| <small>Fat 9 • Carbohydrate 4 • Protein 4</small> | |