



Cranberry-Almond Oatmeal

Prep: 10 minutes

Cook: 15 minutes • Serves: 4

- ¼ cup sliced almonds
- 4 cups water
- ⅛ teaspoon salt
- 1¾ cups old-fashioned oats
- 1 cup dried cranberries
- ¼ cup oat bran or oat bran hot cereal
- 2 tablespoons blueberry or strawberry syrup
- 1 teaspoon ground cinnamon

1. In small skillet, cook almonds over medium heat 6 to 8 minutes or until lightly browned, stirring frequently.

2. Meanwhile, in 2- to 3-quart saucepan, heat water and salt to boiling over medium-high heat. Stir in oats, cranberries and oat bran. Reduce heat to low; cook 10 minutes or until mixture is creamy, stirring occasionally. Stir in almonds, syrup and cinnamon, and cook 2 minutes.

Approximate nutritional values per serving: 329 Calories, 7g Fat (19% of total calories), 1g Saturated Fat (3% of total calories), 0mg Cholesterol, 72mg Sodium, 61g Carbohydrates, 8g Fiber, 9g Protein

Dietary Exchanges:

4 Starch; 1 Protein; 1 Fat