

Hearty Hot Oats



Prep Time: 2

A breakfast like this oatmeal is a great way to start the day off right, since constipation is common during pregnancy. The oats, dried fruit and nuts are a great source of fiber. Substitute part of the water with milk for a richer, higher calorie, calcium dense version. Powdered milk works very well in oatmeal, add about ¼ cup for each cup of water used.

1/2 cup slivered almonds
4 cups water
2 cups old-fashioned oats
1 teaspoon ground cinnamon
2 1/2 cups apple, unpeeled, cored and chopped (2 small to medium apples)
6 dried apricots, coarsely diced
1/2 cup raisins
Fat free milk (optional)
Honey or maple syrup for drizzling (optional)
Nutmeg (optional)

Heat almonds in a dry, heavy skillet over medium heat for 1 to 2 minutes or until golden brown and smell toasted. Stir constantly to ensure even toasting, as nuts will burn easily in a skillet. Remove almonds from skillet to cool or they will continue to brown and then burn.

Bring 4 cups of water (or milk if using), oats and cinnamon to boil in a heavy saucepan. Reduce the heat and simmer for 5 minutes, stirring occasionally. Remove from heat; stir in the dried apples, apricots, and raisins. Cover and let stand for 2-3 minutes.

Divide oatmeal into 6 bowls; thin each portion with milk if desired and top with the toasted almonds. Add honey or maple syrup, & nutmeg if desired.

Serves 6

Calories 258; Fat 8g; Protein 7g; Carbohydrate 44g; Fiber 6g; Sodium 8mg.

NOTES: _____

Total Cost (without optional ingredients): \$3.60

Cost Per Serving (6): \$0.60

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