

RECIPE

Cranberry-Walnut Oatmeal

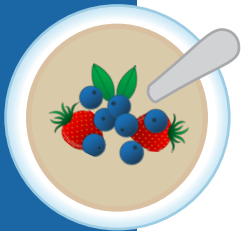
Start to Finish: 25 minutes Servings: 4

Ingredients:

- 1 cup steel-cut oats
- 1/3 cup sweetened dried cranberries
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 2 cups water
- 4 teaspoons chopped walnuts
- 4 teaspoons firmly packed brown sugar

Directions:

1. In a saucepan, combine the oats, cranberries, salt, cinnamon and water. Bring to a boil over high heat, then reduce the heat to low and simmer, uncovered, until the oats are tender, about 20 minutes.
2. Spoon the oatmeal into warmed individual bowls and sprinkle each serving with 1 teaspoon of the walnuts and 1 teaspoon of the brown sugar. Serve immediately.



Nutrition Information Per Serving:

212 Calories; 4 g Total Fat; 1 g Saturated Fat; 1 g Monosaturated Fat;
0 mg Cholesterol; 5 g Fiber; 150 mg Sodium; 39 g Carbohydrates; 5 g Protein