

Fruity and Creamy No-Cook Oatmeal

Makes 6 servings

INGREDIENTS

1&1/4 cups quick-cooking oats
2/3 cup 2% milk
2/3 cup vanilla yogurt
2/3 cup orange juice
1 cup chopped almonds or other nut (optional)
3 cups chopped fresh fruit (such as apples, pears, and peeled oranges)

PREPARATION

Mix first 3 ingredients in large bowl. Let stand for 5 minutes and soften oats. Add orange juice and mix. Stir in chopped fruits and nuts, if using. **DO AHEAD:** Can be made 8 hours ahead. Cover: chill. Spoon into bowls.

NUTRITION FACTS

Calories: 242
Calories from fat: 92
Fat: 10.2gm
Sat. Fat: 1.4gm
Protein: 8.7gm
Carbohydrates: 29.6gm
Fiber: 6.3gm
Cholesterol: 4mg
Sodium: 33mg