

# Fruity and Creamy No-Cook Oatmeal

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*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