

Fruity and Creamy No-Cook Oatmeal

Try this fast and easy recipe in the spring and summer months. No cooking required!

Makes 6 Servings; serving size $\frac{3}{4}$ cup

Ingredients:

1 $\frac{1}{4}$ cup quick-cooking oats

$\frac{2}{3}$ cup 2% milk

$\frac{2}{3}$ cup low-fat vanilla yogurt

$\frac{2}{3}$ cup orange juice

1 cup chopped almonds or other nuts (optional)

3 cups chopped fresh fruit (such as apples, pears, bananas and peeled oranges)

Preparation:

Mix first 3 ingredients in a large bowl. Let stand 5 minutes to soften oats. Add orange juice and mix well. Stir in chopped fruits and nuts, if using. Cover and chill in refrigerator for 1 hour to set. Spoon into bowls and enjoy! DO AHEAD: Can also be made the night before.