

SWISS OATMEAL

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1.5 cups

Nutrition (per serving)

Calories: 355

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 70 mg

Total Carbohydrate: 68 g

Dietary Fiber: 8 g

Protein: 13 g

Ingredients

½ cup Quaker Old Fashioned Oats

1 (6 oz.) container non-fat, sugar-free vanilla yogurt

1/3 cup skim milk

1 small Granny Smith apple, chopped bite-sized

1 small banana, sliced bite-sized

2 Tbsp raisins

2 Tbsp dried cherries or dried cranberries

1 Tbsp walnut pieces



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Directions

1. Mix the oats, yogurt and milk in a bowl and allow to sit for a few minutes or for several hours in the refrigerator.
2. Stir in the apple, banana, and dried fruit.
3. Just before serving, top with walnut pieces.