



# Fruit and Nut Oatmeal

**Yield: 4 servings**

## Ingredients

- 2 tablespoons chopped nuts  
(almond, cashew, walnut, etc.)
- 4 cups milk (almond, cow, soy,  
etc.), low-fat and unsweetened
- 2 cups rolled oats
- 1 tablespoon ground flaxseed
- ½ teaspoon ground cinnamon
- ¼ teaspoon kosher salt
- 1½ cups chopped fruit (apple,  
berries, banana, etc.)

## Instructions

1. Heat oven to 400 degrees.
2. Place nuts on a small baking tray and bake in the oven for about 6 minutes, until they start to lightly brown.
3. In a medium sized sauce pan, over medium-high heat, add the milk, oats, flaxseed, cinnamon and salt.
4. Cook for about 5 minutes, frequently stirring, until most of the liquid has evaporated.
5. If oatmeal is too thick, add 1 to 2 tablespoons of additional milk or water.
6. To serve, place 1 cup of cooked oats in a bowl. Top with ½ cup fruit and 1½ teaspoons nuts.

## Nutrition Information

**Serving Size:** 1 cup

Calories: 245  
Total Fat: 9 g  
Saturated Fat: 0.8 g  
Monounsaturated Fat: 3 g  
Polyunsaturated Fat: 3.5 g  
Sodium: 188 mg  
Total Carbohydrate: 35.5 g  
Dietary Fiber: 7.6 g  
Sugars: 2.7 g  
Protein: 8.6 g

Source: Health meets Food

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