

## Fruit



# Professor Mad Monster's Peach Orchard Oatmeal



A smart way  
to start  
the day!

### Ingredients:

- 2 cups 100% apple juice
- 2 medium peaches, chopped
- 1 cup water
- 1 1/2 tsp cinnamon
- 1/2 tsp sea salt
- 2 cups old-fashioned oats
- 6 oz fat free vanilla yogurt
- 2 tbsp sliced almonds

### Nutrition:

- Recipe makes 4 servings
- Each serving counts as 0.5 fruits

### Directions:

1. In a medium saucepan, bring apple juice, water, cinnamon and salt to a boil over high heat.
2. Stir in the oats and return to a boil.
3. Reduce the heat to medium low and cook for 5 minutes, stirring occasionally.
4. Stir in the yogurt and peaches.
5. Continue cooking and stirring for 2 mins.
6. Serve topped with sliced almonds.

### Safety:

Ask a parent or guardian for help when using the stove.

Recipe approved by the American Diabetes Association

from the kitchen of  
**Playnormous**

