

## Professor Mad Monster's Peach Orchard Oatmeal

### Ingredients:

- 2 cups 100% apple juice
- 2 medium peaches, chopped
- 1 cup water
- 1 1/2 tsp. ground cinnamon
- 1/2 tsp. sea salt
- 2 cups old-fashioned oats
- 1 (6-oz.) container organic fat-free French vanilla yogurt
- 2 Tbsp. sliced almonds

### Directions:

1. In a medium saucepan, bring the 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 5 minutes, stirring occasionally.
4. Stir in the yogurt and peaches.
5. Continue cooking, stirring occasionally, for 2 minutes or until the oatmeal mixture is heated through.
6. Serve topped with sliced almonds.

### Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 2 fruits.

### Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.
- CAUTION – Ask a parent or guardian for help when using the stove.

Source: American Diabetes Association

