

## Fruity Oatmeal Breakfast Sundaes

### *Heart Healthy Recipe of the Month*

**Source:** <http://www.mealsmatter.org>

**Number of Servings:** 4

#### **Ingredients:**

1 1/2 C Water

2 C Vanilla Soymilk

2 C Oatmeal (original, not instant)

1/4 tsp. Salt

1 tsp. Cinnamon

Topping Choice:

Low-cal maple syrup

Fruity low-fat yogurt

Fresh fruit of choice

Dried fruit of choice

#### **Directions**

1. Heat water, soymilk, salt, and cinnamon to a boil.
2. Stir in oatmeal, return to a boil.
3. Cook for about 5 minutes, stirring occasionally.
4. Divide into 4 equal portions.
5. Decorate with your favorite toppings!

#### **Nutritional Content:**

Calories: 224

Total fat: 3g

Iron: 1g

Sodium: 216mg

Total fiber: 4g

Protein: 9g

Carbohydrates: 37g