

Scrumptious Swiss Oats 'n Fruit

Hands-on -
5 min. (p.m.) - 15 min. (a.m.)
Serves 4 or 8

Think you don't like oatmeal 'cause it's gloppy? Have you tried uncooked oats, the Swiss way? You won't believe how absolutely delicious this dish is! Thanks to Elizabeth Wagner (culinary wizard, caterer and new-found friend) for this dish you'll be proud to serve your family. It saves time on the morning rush and is perfect for overnight guests. This also makes a great "dish to pass" for a morning meeting. Bye-bye doughnuts!

Menu

Swiss Oats n' Fruit
English Muffins (opt)

For 4 For 8

1½ cups	3 cups	oats (quick-cooking or old-fashioned)
1¼ cups	2½ cups	skim, 1/2% or soy milk
2 T	1/4 cup	honey
1/2 tsp	1 tsp	ground cinnamon

Night before:

Stir together in a large bowl and allow to soak in refrigerator, covered, overnight.

3 cups	6 cups	any variety of fresh or dried fruit you fancy:
		• sliced banana
		• sliced kiwi
		• strawberries, hulled and cut in half
		• blueberries
		• raspberries
		• bite-size chunks of cored apple
		• raisins
		• dried cranberries
		• dried cherries
		• dried chopped apricots
1/4 cup	1/2 cup	chopped walnuts, pecans or almonds

In the morning:

Add and gently mix together.

Serve in large attractive bowl with matching small bowls. Include toasted English muffins on the side if you wish.



Nutrition information for 1½ cup serving with blueberries, banana & apple

Calories	282	Fat	8 g	Fiber	7 g	Sodium	44 mg	Total Carbohydrate	49 g
Calories from Fat	25%	Saturated Fat	1 g	Cholesterol	1 mg	Protein	9 g	Sugars	23 g

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Breakfast

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