

REFRIGERATOR OATMEAL

The texture of this treat is different from cooked oatmeal. It has more attitude compared to the cooked version. It is so awesome with vanilla yogurt, walnuts and blackberries, though you may top with your preferred yogurt and berries.

The original recipe was from one of my training clients. The only changes I made were cutting the honey down by 2 tbsp. and reducing the amount of yogurt for the topping.

This recipe makes about 3 cups of prepared oatmeal.

INGREDIENTS

Set 1

2 cups old fashioned oats
1 teaspoon cinnamon

Set 2

1 cup skim milk
1/2 c. water
1 apple, cored (keep skin on), largely cubed--I prefer Fuji or Gala apples

Set 3

2 tbsp. honey

Set 4

1/2 cup vanilla yogurt
1/2 - 1 cup your favorite berries (blackberries go great with this)
1/4 cup your favorite nuts

TOOLS: *medium container w/ lid, blender*

DIRECTIONS

1. Pour all of set 1 into the container. It is not necessary to mix this up yet.
2. Place milk, water and apple into a blender. Blend (or pulse if blender has a pulse button) just a few seconds. Do not completely pulverize the fruit. Blend just enough to be able to see small pieces of apples.
3. Pour the liquid mixture into the container then add the honey.
4. Stir to mix thoroughly.
5. Leave in fridge overnight or for at least 6-7 hours.

Each half-cup serving of the oatmeal alone is about 210 calories.

Top each serving of oatmeal w/ 2 T. vanilla yogurt, some berries, and 1 T. nuts.

Recipe courtesy Paula Quinene of Paulaq.com.