



PEACHY Oatmeal

What You Need

- 1 (15-ounce) can peach slices, packed in 100% juice
- $\frac{1}{8}$ cup water
- $1\frac{1}{8}$ tablespoons brown sugar, syrup, or honey*
- $\frac{1}{8}$ teaspoon ground cinnamon or nutmeg
- $\frac{1}{8}$ teaspoon salt
- 1 cup quick cooking oats
- 3 tablespoons chopped nuts such as pecans, walnuts, or almonds (optional)

Servings: **3**

Serving Size: **1** cup

Prep Time: **5** minutes

Cook Time: **3-4** minutes

Tip

Try this recipe with other canned fruit and spices. For instance, canned pears and ground ginger taste good too!

Get Cookin'

- 1.** Open the can of peaches carefully. Pour peaches and juice into a medium, microwave safe bowl.
- 2.** Stir in water, sugar, cinnamon, salt, and oats.
- 3.** Microwave on high heat for 3-4 minutes or until the liquid has been soaked up by the oatmeal.
- 4.** Remove hot bowl from the microwave using pot holders. Stir again. Use the side of a spoon to cut up peaches into smaller pieces.
- 5.** Spoon oatmeal into three small bowls.
- 6.** If using nuts, top each bowl of oatmeal with 1 tablespoon nuts. Serve immediately.

* Do not give honey to children under the age of one year.