

BREAKFAST
Almond Breakfast Pudding

- 1-1/2 cups quick-cook oatmeal
- 2-1/2 cups almond milk
- 1/2 cup raisins or chopped dried fruit
- 1/4 cup chopped almonds
- 2 Tbsp. ground flaxseed
- 2/3 cup applesauce
- 3/4 cup lemon-flavored low-fat yogurt
- 1 banana, sliced
- 1 small orange, peeled and chopped

In a large saucepan, combine oatmeal and almond milk; cook according to oatmeal package directions. Add fruit and almonds. (At holiday time, try dried cranberries for a special flavor.) Add applesauce, yogurt and chopped oranges. Stir gently to heat. Add the sliced banana. Serve warm or chilled. This breakfast pudding can easily be reheated in a microwave.

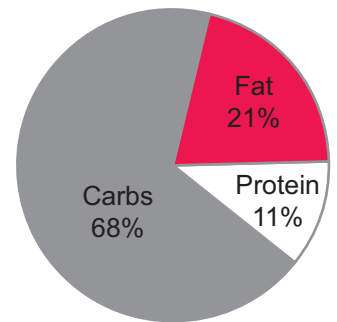
Easy of Prep: Easy **Serves:** 6



Nutrition Facts	
Serving Size 1/6 recipe (132g)	
Servings: 1	
Amount Per Serving	
Calories 246	Calories from Fat 51
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 1mg	0%
Sodium 19mg	1%
Total Carbohydrate 44g	15%
Dietary Fiber 5g	20%
Sugars 22g	
Protein 7g	
Vitamin A 2%	Vitamin C 30%
Calcium 8%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

This breakfast pudding is loaded with fiber, vitamin C, potassium, calcium and magnesium. In addition, the recipe has oats, fiber and flaxseed, which help lower cholesterol. Make it ahead of time, place in the fridge and let the dish take on the flavors of the fruit and lemon. The pudding gets better as the week continues—almost a dessert treat.



DIABETIC EXCHANGE

1 starch, 1/2 other carbohydrate, 1/2 fat, 1 fruit

