

## Swiss Oatmeal

This is a simple, tasty way to enjoy the whole grain goodness of oatmeal. No cooking required!

- 1 cup quick oats
- 1 cup low-fat vanilla yogurt
- 1 cup crushed pineapple in unsweetened juice
- 1/4 cup chopped English walnuts\* (optional)
- 1/4 tsp cinnamon (optional)

Mix and serve! Serves 2.

\*Nuts, even chopped, may be a choking hazard for young children

**Nutrition Facts/Serving:** Calories - 400, Fat -14 g, Cholesterol - 10 mg, Carbohydrate - 56 g, Sodium - 90 mg, Protein - 14 g, Dietary Fiber - 7 g, Sugars - 24 g.

— Spend Smart, Eat Smart. Iowa State Extension

