

# Peach Cobbler Oatmeal

## Ingredients:

Makes: 4, 1 cup servings

- 2 cups Old Fashioned Oats
- 1 cup 1% Milk or Milk Alternative
- 2 Tbsp Honey
- 1/2 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1 Peach, Chopped

Photo Credit: <http://www.hungry-girl.com/recipes/peach-pie-overnight-oats>

Recipe taken from: <https://boysahoy.com/peach-cobbler-oatmeal/>



## Method:

1. In a medium sized bowl, add the oats and milk and stir together.
2. Microwave for 1 minute and 30 seconds until oats are soft.
3. Add in the honey , spices, and extract. Stir to combine.
4. Fold in the hopped peaches and serve!
5. Can garnish with yogurt if desired.

## Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 Cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 15g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 8g	<b>16%</b>
Vitamin D 1mcg	4%
Calcium 104mg	8%
Iron 2mg	10%
Potassium 317mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Tips on Peaches

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### How To Store:

Store at room temperature until ripe, then refrigerate.



### How To Use:

Can use in salads, parfaits, and baking.



### Health Benefits:

Vision, immunity, heart health & lowers the risk of some cancers.

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