

# April

## Recipe of the Month



### Swiss Oatmeal

#### Ingredients:

- ½ cup Quaker Old Fashioned Oats
- 1 (6 oz.) container non-fat, sugar-free vanilla yogurt
- 1/3 cup skim milk
- 1 small Granny Smith apple, chopped bite-sized
- 1 small banana, sliced bite-sized
- 2 Tbsp raisins
- 2 Tbsp dried cherries or dried cranberries
- 1 Tbsp walnut pieces



#### Directions:

1. Mix the oats, yogurt and milk in a bowl and allow to sit for a few minutes or for several hours in the refrigerator.
2. Stir in the apple, banana, and dried fruit.
3. Just before serving, top with walnut pieces.

### Why is it Healthy?

If you love your oatmeal in the morning, but want something cold during the warmer months, this is the breakfast you have been looking for! With a mixture of fiber, protein, and fat, this hearty breakfast will keep you full all morning. Breakfast is the most important meal of the day, and should be filling and satisfying!

### Nutrition Facts

Serving size 1 ½ cups  
Servings per Recipe: 2

**Calories** 355

**Fat** 6 g  
Saturated Fat 1 g

**Cholesterol** 2 mg  
**Sodium** 70 mg

**Carbohydrate** 68 g  
Fiber 8 g

**Protein** 13 g



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