

OAT & NUT PUDDING

Yield: 4 Servings



TOTAL TIME: 2 hours 20 minutes

INGREDIENTS

- 1½ cups old-fashioned oats, prepared per pkg. directions, keep warm
- 4 tsp. walnuts, finely chopped
- 2 cups cooked oatmeal (from above)
- 3 oz. fresh blueberries
- 1 cup fresh strawberries, sliced
- 4 Tbsp. Wegmans Food You Feel Good About Triple Fruits Spread (Strawberry-Plum-Raspberry)
- ½ cup Food You Feel Good About Organic Vanilla Super Yogurt
- 4 fresh mint leaves

PREPARATION

1. Toast walnuts lightly in pan over medium heat; set aside.
2. Spray entire inside of four microwaveable ramekins with cooking spray. (Note: use container that will hold ¾ cup liquid volume.)
3. Spread 3 Tbsp. cooked oatmeal evenly on bottom of each container. Top oatmeal with 2 Tbsp. blueberries and 2 tsp. walnuts.
4. Spread 2 more Tbsp. oatmeal on top of blueberry layer using the back of spoon sprayed with cooking spray.
5. Press ¼ cup strawberry slices into top of oatmeal layer. Spread 2 more Tbsp. of oatmeal evenly over strawberries. Container should be filled even with top edge.
6. Chill at least 2 hours or overnight until ready to eat. Once chilled completely, run sharp knife around inside edge of container to loosen pudding from sides.
7. Heat pudding in ramekins in microwave on high 1 to 1½ min.
8. Spread serving plate with 1 Tbsp. fruit spread. Unmold pudding onto fruit spread by turning over and tapping bottom of container. Top pudding with 2 Tbsp. of yogurt. Garnish with sliced strawberry and mint leaf.

NUTRITION

Per serving: Calories: 170; Fat: 4 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 31 g; Fiber 4 g; Protein: 5 g; Sodium: 230 mg.

Recipe courtesy of Wegmans