

# Harvest Oatmeal

Makes: 5 servings



**Total Time: 30 minutes**

**Ingredients:**

- ½ cup chopped walnuts
- 1 pkg. (20 oz.) Food You Feel Good About Cleaned & Cut Butternut Squash, diced
- 4 cups apple cider
- Salt to taste
- 4 Tbsp. Food You Feel Good About Sweetened Dried Cranberries
- 2 cups Food You Feel Good About Old Fashioned Oats

**PREPARATION**

1. Preheat oven to 350 degrees.
2. Spread walnuts in shallow baking pan; bake 5 min., stirring once. Remove from oven; set aside.
3. Add squash and cider to saucepan; bring to boil on medium. Reduce to simmer; simmer 8-10 min. until squash is tender. Season to taste with salt. Add dried cranberries; simmer about 3 min. until plump. Stir in oats; cook and stir about 1 min. Let stand 1-2 min. before serving.
4. Spoon into warmed bowls; sprinkle with walnuts.

**Nutrition:** 330 calories; 9g fat (1g sat fat); 0mg cholesterol; 57g carbohydrates; 8g protein; 6g fiber; 25mg sodium