

3-Peaches and Cream Oatmeal

By: Jenna Thomas

Ingredients:

- 1 cup quick oats
- 1 cup low fat milk
- ½ teaspoon cinnamon
- ½ cup chopped peaches
- 1 teaspoon honey

Cooking Directions:

Place oats, milk, cinnamon, and peaches in a large, microwave safe bowl. Cook for 1 minute and take out to stir. Cook for 1 more minute. Garnish with extra peaches, drizzle of honey, and sprinkle with cinnamon and you have got peaches and cream!

1-“Oat”standing Oatmeal

By: Adrienne Konopka

Ingredients:

- ½ cup quick cooking oatmeal
- ½ cup skim milk
- ¼ cup fresh or canned peaches, diced
- 1 tablespoon brown sugar
- 1 teaspoon vanilla extract

Cooking Directions:

Mix all ingredients in a microwave-proof bowl. Microwave on high for 1 minute. Stir and microwave for 1 more minute. Enjoy!

2-Pumpkin Spice Oatmeal – Gluten Free

By: Haven Durren

Ingredients:

- 1 cup milk
- ½ cup gluten free quick oats
- 1 ¼ teaspoon sugar
- ¼ teaspoon pumpkin pie spice
- 1 dollop of fat free whipped topping

Cooking Directions:

Bring liquid to boil. Add oats. Cook for 1 minute, stirring occasionally. Remove from heat. Add dry ingredients. Cover and let stand for about 5 minutes to thicken. Serve in a bowl with a small dollop of whipped topping. Enjoy!