

# BERRY OATMEAL WITH VANILLA SWEET CREAM

May 11, 2011

## Ingredients

### Oatmeal

- 2 cups water
- 1 cup quick-cooking oats
- 1 tablespoon pourable sugar substitute \*
- ½ teaspoon ground cinnamon

### Sweet Cream

- ¾ cup fat-free half-and-half
- 3 tablespoons pourable sugar substitute\*
- ½ teaspoon vanilla extract
- ½ teaspoon almond extract

1½ cups fresh or frozen blueberries, thawed

½ cup fresh or frozen raspberries, thawed

### Preparation

1. Bring water to a boil in large saucepan over high heat. Stir in oats, then reduce heat to medium and cook, uncovered, 2 minutes or until thickened. Remove from heat, stir in 1 tablespoon sugar substitute, cinnamon and salt.
2. Meanwhile, combine Sweet Cream ingredients in medium bowl.
3. To serve, spoon equal amounts of oatmeal in each of 4 parfait glasses or shallow bowls, pour Sweet Cream over oatmeal and top with berries.

Makes 4 servings, (½ cup oats, ¼ cup Sweet Cream and ½ cup berries per serving)

Dietary Exchanges: ½ Fat, 1 Fruit, 1 Starch

### Nutritional Information

Calories 150, Total Fat 2g, Saturated Fat <1g, Protein 5g, Carbohydrate 30g, Cholesterol 8mg, Dietary Fiber 5g, Sodium 120mg

\*This recipe was tested using sucralose-based sugar substitute.

DIABETIC COOKING, May/June 2011

## HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM

Providing guidance and support to make the “*healthy choice the easy choice.*”



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