

OATMEAL CRANBERRY DELIGHT

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving = 1 ramekin without yogurt)

Nutrition (per serving)

Calories: 193	Total Carbohydrate: 34
Total Fat: 6 g	Dietary Fiber: 5 g
Saturated Fat: 1.5 g	Protein: 3 g
Sodium: 165 mg	

Ingredients

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- 3 ripe peaches, thinly sliced
- 1 ½ cups blackberries
- ¼ cup orange juice, freshly squeezed

Topping

- 3 cups Special K Vanilla Almond® cereal
- 3 Tablespoons Smart Balance® margarine, melted

- 2 Tablespoons Splenda Brown Sugar Blend®
- 1 teaspoon ground cinnamon
- Non-stick cooking spray

Directions

1. Pre-heat the oven to 375°F.
2. In a medium saucepan combine peaches, blackberries, orange juice, Splenda Brown Sugar Blend®, and ground cinnamon. Cook on medium-high heat just to melt and blend ingredients (about 2 minutes).
3. Spray 6 oven-proof ramekins with non-stick cooking spray and evenly disperse the mixture into each.
4. Toss the Special K Vanilla Almond® cereal with the melted Smart Balance®. Place ½ cup of the mixture on top of the fruit.
5. Place ramekins on a baking sheet covered in foil and bake for 10-15 minutes.
6. Remove ramekins from the oven and allow to cool before serving.
7. Serve with low-fat vanilla yogurt or low-fat frozen yogurt.