Peach Cobbler Oatmeal

Ingredients:
Makes: 4, 1 cup servings
- 2 cups Old Fashioned Oats
- 1 cup 1% Milk or Milk Alternative
- 2 Tbsp Honey
- 1/2 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1 Peach, Chopped

Method:
1. In a medium sized bowl, add the oats and milk and stir together.
2. Microwave for 1 minute and 30 seconds until oats are soft.
3. Add in the honey, spices, and extract. Stir to combine.
4. Fold in the hopped peaches and serve!
5. Can garnish with yogurt if desired.

Tips on Peaches

How To Store: Store at room temperature until ripe, then refrigerate.
How To Use: Can use in salads, parfaits, and baking.

Health Benefits: Vision, immunity, heart health & lowers the risk of some cancers.

Nutrition Facts
4 servings per container

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Amount Per Serving</th>
<th>Calories 230</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated</td>
<td>1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>&lt; 5mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>30mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>43g</td>
<td>16%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>5g</td>
<td>18%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>15g</td>
<td>16%</td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
<td>16%</td>
</tr>
</tbody>
</table>

Vitamin D 1mg  4%
Calcium 104mg  8%
Iron 2mg  10%
Potassium 317mg  6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Photo Credit: http://www.hungry-girl.com/recipes/peach-pie-overnight-oats
Recipe taken from: https://boysahoy.com/peach-cobbler-oatmeal/
In accordance with Federal civil rights law and USDA Department of Agriculture (USDA) civil rights regulations and policies, the USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal, or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877.8339. Additionally program information may be made available in languages other than English. To file a complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD 3027) found on line at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office or write a letter addresses to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632.9992. Submit your completed form or letter to USDA by:

I. mail: US Department of Agriculture  
   Office of the Assistant Secretary for Civil Rights  
   1400 Independence Avenue, SW Washington, DC 20250

II. Fax: (202) 690-7442; or

III. email: program.intake@usda.gov

This Institution is an equal opportunity provider.