

**Apricot Honey Oatmeal**

Yield: 4 1-cup servings

**Ingredients**

3-1/2 cups (875 mL) milk or fortified plain soy beverage  
1/2 cup (125 mL) dried apricots, chopped  
1/4 cup (60 mL) honey  
1/2 tsp. (2 mL) ground cinnamon  
1/4 tsp. (1 mL) salt (optional)  
2 cups (500 mL) uncooked oats (quick or old fashioned)

**Preparation**

In medium saucepan, bring milk or soy beverage, apricots, honey, cinnamon, and salt (if used) to a boil. Be careful not to scald the milk or soy beverage.

Stir in oats; carefully return to a boil.

Reduce heat to medium; cook about 1 minute for quick oats (or 5 minutes for old fashioned oats) or until most of liquid is absorbed, stirring occasionally.

Let stand until of desired consistency.

**PER SERVING (made with milk or plain soy beverage):** \_\_\_\_\_

(approximate values)

Calories: 375

Calcium: 300 mg

Vitamin D: 110 IU