



## Ontario Apple-Maple Oatmeal with Pecans

(photo)

Chock-full of whole grain goodness, this oatmeal promises a warm, fruity, stick-to-your ribs breakfast perfect for those cold winter mornings.

### For Oatmeal:

4 cups	water	1 L
1/2 cup	steel-cut oats (or Irish oatmeal)	125 mL
1/2 cup	wheat berries	125 mL
1/4 tsp	salt	1 mL
2 cups	grated <b>Ontario Apple*</b>	500 mL
1/3 cup	maple syrup, divided	75 mL

### For Garnish:

2 cups	milk	500 mL
1	<b>Ontario apple*</b> , cored and diced	1
1/4 cup	chopped toasted pecans	50 mL

In medium saucepan, bring water to boil. Stir in oats, wheat berries and salt. Reduce heat to simmer and cook uncovered, stirring , until most of the liquid has been absorbed but oats are still al dente, about 30 minutes. Remove from heat.

Stir in grated apple and 2 tbsp (30 mL) of the maple syrup. Divide into four bowls and pour 1/2 cup (125 mL) milk in each bowl. Garnish with diced apple and chopped pecans and drizzle with remaining syrup.

Makes 4 servings.

**\*Variety Tip:** for best results, use Ontario **Empire, McIntosh, Crispin, Cortland, Spartan** or **Idared** apples.

PER SERVING: about 360 cal, 11 g pro, 9 g fat (2 g sat. fat), 67 g carb, 6 g fibre, 10 mg chol, 230 mg sodium. %RDI: 20% calcium, 10% iron, 6% vit A, 8% vit C.

Source: [www.onapples.com](http://www.onapples.com)