

Pecan Pie Oatmeal

Theresa Albert-Ratchford

Servings: 4

*3/4 cup rolled oats
1 1/2 cups water
pinch salt
1 teaspoon cinnamon
1/4 cup butter
1/4 cup brown sugar
3/4 cup pecan half*

Bring water and oats to a simmer with salt and cinnamon and cook for 3-5 minutes.

Meanwhile, melt butter and brown sugar together, stir in pecans.

Empty oatmeal into 4 small ovenproof dishes, top with pecans

Bake at 350F for 5-8 minutes uncovered.

Per Serving (excluding unknown items): 330 Calories; 26g Fat (68.3% calories from fat); 4g Protein; 23g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 124mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 5 Fat; 1/2 Other Carbohydrates.