



## EPISODE 9: QUICK AND EASY BREAKFASTS

### **Banana Almond Oatmeal**

1 packet plain instant oatmeal  
½ cup nonfat milk  
1 medium banana (chopped)

¼ tsp almond extract  
2 packets sugar substitute

### **Directions**

*Combine oatmeal, nonfat milk, banana, almond extract and sugar substitute in a microwave safe bowl. Mix well and cover with plastic wrap. Microwave for 2 minutes 30 seconds, or until oatmeal begins to bubble. Carefully remove bowl from microwave. Stir and serve. Serves 1.*

Per serving: 340 calories, 11 grams protein, 4.5 grams fat (0.5 grams saturated), 0 mg cholesterol, 65 grams carbohydrate, 7 grams fiber, 250 mg sodium

### **Pumpkin Pecan Oatmeal with Pears**

1 cup nonfat milk  
½ cup nonfat powdered milk  
½ tsp pumpkin pie spice  
1 cup quick oats (uncooked)  
½ cup canned pumpkin puree

2 tbsp sugar substitute  
8 oz. light vanilla yogurt  
2 tbsp pecans (chopped)  
2 cups canned diced pears in juice

### **Directions**

*In medium saucepan, bring milk, powdered milk, sugar substitute and pie spice to a boil. When boiling, stir in oats and bring to boil again. Reduce heat to medium. Cook for approximately one minute or until most of the liquid has been absorbed, stirring occasionally. Stir in pumpkin puree, pears and sugar substitute. Cook for about one minute. Let stand for desired consistency. Serves 2.*

Per serving: 270 calories, 12 grams protein, 4.5 grams fat (0 gram saturated), 5 mg cholesterol, 46 grams carbohydrate, 6 grams fiber, 125 mg sodium

**Next page: Muesli with Raspberries and Yogurt  
Autumn Spiced Cottage Cheese**



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### **Muesli with Raspberries and Yogurt**

2 tbsp rolled oats	½ cup raspberries
2 tbsp barley flakes	6 oz. light vanilla yogurt
2 tsp walnuts (chopped)	

#### **Directions**

*Mix ingredients together in large bowl. Serve immediately. Serves 1.*

Per serving: 230 calories, 10 grams protein, 4 grams fat (0 gram saturated), 5 mg cholesterol, 41 grams carbohydrate, 3 grams fiber, 100 mg sodium

### **Autumn Spiced Cottage Cheese**

½ cup low fat cottage cheese	2 tbsp walnuts (chopped)
¼ tsp pumpkin pie spice	½ cup unsweetened applesauce
¼ tsp vanilla extract	1 packet sugar substitute

#### **Directions**

*In a small bowl combine cottage cheese, spice, and vanilla extract. In another bowl combine applesauce and sugar substitute, stir well. Then mix together well. Serves 1.*

Per serving: 230 calories, 16 grams protein, 11 grams fat (1.5 grams saturated), 5 mg cholesterol, 18 grams carbohydrate, 3 grams fiber, 460 mg sodium