

Start Your Day The Healthy Way

(NAPSA)—Warm up a cold morning with a steaming bowl of oatmeal. Quaker Oats has been a family breakfast favorite for over 125 years. Topped with fruit and skim milk, it's both a warm, hearty meal and a great-tasting source of fiber, protein and several vitamins and minerals.

Tangy cranberries and crunchy wheat germ punch up the flavor and nutrition of *Maple Cranberry Oatmeal*. Cooking the oats in skim milk



adds bone-strengthening calcium and makes the oatmeal extra creamy.

MAPLE CRANBERRY OATMEAL

4 Servings

3½ cups skim milk

½ cup dried cranberries

¼ teaspoon salt (optional)

½ cup maple-flavored syrup

2 cups Quaker oats (quick or old fashioned, uncooked)

¼ cup toasted wheat germ

In medium saucepan, bring milk and salt to a gentle boil. (Watch carefully.) Stir in oats, cranberries and maple syrup. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats or until most of milk is absorbed, stirring occasionally. Let stand until desired consistency. Stir in wheat germ. Spoon oatmeal into bowls and drizzle with additional syrup, if desired.

NUTRITION INFORMATION (1/4 of recipe): Calories 370, Total Fat 3.5g, Fat 0.5g, Chol. 0mg, Sodium 150mg, Total Carb. 72g, Fiber 5g, Protein 15g, Calcium 295mg.