

MRS. O'FLYNN'S Oatmeal



From *Sydney McKenzie Knocks 'Em Dead* by Cindy Callaghan
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Mrs. O'Flynn's Oatmeal

Ingredients

6 c apple juice
1 tsp. cinnamon
3 c quick oats
1 c chopped pears
1/2 c maple syrup
1/2 c berries
1/3 c vanilla yogurt

Instructions

Combine apple juice and cinnamon in a saucepan.

Bring to a boil.

Stir in oats, chopped pears, syrup and berries.

Reduce heat and cook until most of juice is absorbed, stirring occasionally.

Add nuts.

Top each bowl with yogurt.