

Oat Berry Tart

Serving Size: ¼ of recipe

Serves: 4

Ingredients

1 pkg. (1.4 oz.) vanilla fat free sugar free instant pudding
2 cups cold skim milk
¾ cup rolled oats
2 tablespoons honey
12 fresh blueberries
4 fresh mint leaves

Directions

Prepare the pudding according to package directions. Set aside.

Heat a dry skillet over medium heat. Measure in the oats, and toast for about 1 minute, stirring until hot. Drizzle honey over the oats, and continue to stir over medium heat until the oats begin to brown slightly.

Remove the oats from heat and spoon them into the bottom of 4 custard bowls.

Spoon the pudding into the custard bowls. Top with three blueberries each. Garnish with fresh mint.

Exchanges per serving:

2 Carb Choices

Nutrients per serving:

Calories: 158

Calories from fat: 9

Total Fat: 1g

Saturated Fat: 0g

Cholesterol: 2mg

Sodium: 135mg

Carbohydrate: 27g

Dietary Fiber: 2g

Protein: 6g