

## **PEAR & ALMOND OATMEAL**

*makes 4 servings*

4 cups nonfat milk  
2 cups thick steel-cut oats  
2 teaspoons cinnamon  
½ teaspoon almond extract  
½ cup sliced almonds, toasted  
1 pear, chopped

Combine milk, oats, cinnamon, and almond extract in a large pot over medium heat. Bring to a simmer and reduce heat to keep milk from boiling over. Cook for 15-20 minutes, stirring often, until oatmeal is tender. Remove from heat and stir in pear and almonds. Serve with an extra sprinkle of cinnamon.