

Over-achieving Oats

Oats are even healthier than the FDA thought they were!! In today's fickle society of fad diets, it seems that one day something is glamorized for its health-worthiness, and the next it is old news. That's why this news on oats (and oatmeal) is especially refreshing. It turns out that in addition to helping lower our risk for heart disease, oats can also cut your risk of high blood pressure and Type 2 Diabetes!!
(Prevention, September 2008)

Try this recipe to get your daily dose of Oats!

Blueberry-Chocolate Parfait

- Place $\frac{1}{4}$ cup frozen blueberries in a small microwave-safe dessert dish.
- Cover with $\frac{1}{2}$ cup cooked oatmeal.
- Top with 30 dark chocolate chips.
- Microwave for about 30 seconds....and Enjoy!