

Exclusive! TERESA GIUDICE

HOW I SURVIVED MY PRISON NIGHTMARE



PHOTOS AT HOME & IN PRISON!

People



THE People INTERVIEW

RYAN REYNOLDS

SEXIEST DAD ALIVE!

His little girl's first words. His life with Blake Lively. The *Deadpool* star opens up about his new world

'Having a daughter was a dream come true'

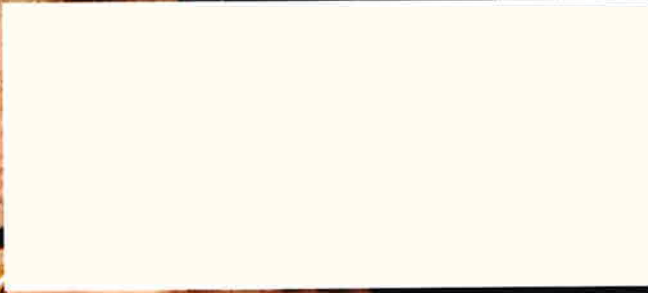


Amazing Women of Oscar 2016

Kate Winslet

TRAGEDY A NEWS ANCHOR'S SUICIDE—ON LIVE TV

February 22, 2016





MEREDITH HAAZ

Slow Cooker Cinnamon Oatmeal

THE EXECUTIVE CHEF AT THE RANCH 4.0 WESTLAKE VILLAGE SHARES A BREAKFAST YOU'LL BE HAPPY TO WAKE UP TO

- 1 cup steel-cut oats
- 2 tsp. cinnamon
- 2-3 tsp. pure vanilla extract or powder
- ½ tsp. salt
- ½ cup chopped dates
- 4 cups water

In a slow cooker, mix all the ingredients and the water together. Set it on low heat,

and cook overnight for 6 to 8 hours. In the morning, spoon into bowls, and serve with a light sprinkling of cinnamon, if desired.

Serves: 4

Active time: 5 minutes

Total time: 6 to 8 hours

Per ½ cup serving: 160 calories.

2.4g fat, 30.8g carbs, 5.2g fiber,

5.6g protein, 6g sugar



HEALTH BOOST!

AMP UP YOUR BREAKFAST WITH THESE NUTRITIOUS AND TASTY TOPPINGS

Pomegranate Seeds



"They're loaded with antioxidants," says Haaz. "The tartness also balances out the sweetness of the oatmeal."

Almond Butter



"It contains protein, good fats and fiber to keep you full longer," she says.

Cacao Nibs



These chocolaty bites are a "great source of magnesium and potassium. Plus they're an excellent mood booster."