

Berry Oatmeal Bowl

Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup nonfat milk or water
- 1 tsp shredded orange peel
- 1/2 tsp vanilla extract
- 1/4 cup blueberries
- 1/4 cup raspberries
- 1/4 cup blackberries
- 2 tbsp nonfat Greek yogurt, plain or vanilla
- 1 tbsp sunflower seeds

How to make it

1. Combine oats and nonfat milk in microwave-safe bowl.
2. Microwave on HIGH 2-1/2 to 3 minutes.
3. Stir in orange peel and vanilla.
4. Top with berries and yogurt.
5. Sprinkle with sunflower seeds and additional orange peel, if desired.
6. Gluten-free if made with Quaker® Gluten Free Oats, nut-free, vegetarian
7. For vegan version, substitute non-dairy milk and yogurt, such as almond or soy, for nonfat milk and yogurt.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
2 min	3 min	5 min	1

Made with



Quaker® Oats-Old Fashioned