

# Breakfast Grits with Blueberry Compote and Walnuts

## Ingredients

- 1 cup Quaker® Old Fashioned - Standard Grits
- 2 cups low-fat 1% milk
- 2 cups water
- 1 tsp salt
- 2 tbsp granulated sugar
- 4 tbsp unsalted butter, divided
- 1/4 cup packed light brown sugar
- 2 tbsp honey
- 2 cups blueberries
- 2 tsp fresh lemon juice
- Pinch of cinnamon
- 1/2 cup toasted chopped walnuts

## How to make it

1. In a large saucepan bring milk, water, salt, and granulated sugar to a boil.
2. Whisk in the Quaker Old Fashioned Grits, then reduce heat and simmer, whisking occasionally, until the grits are thickened and tender, about 20-25 minutes.
3. Turn off the heat, and whisk in 3 tablespoons of the butter.
4. If using Quaker Instant Grits combine packets with milk, water, salt, and sugar, and microwave on high for 3 ½ minutes.
5. Remove from microwave and whisk in 3 tablespoons of the butter.
6. Melt the remaining butter (1 tbsp) in a skillet over low heat.
7. Add the brown sugar, honey, blueberries, lemon juice, and cinnamon, and cook until the sugar dissolves and the berries burst and



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	25 min	35 min	8-10

## Made with



**Quaker® Old Fashioned - Standard Grits**

mixture begins to thicken.

8. To serve, spoon the grits into bowls, top with the warm blueberry mixture, and garnish with toasted walnuts.