

Chia-Berry Oatmeal

Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup water
- 1/2 cup fresh or frozen berries (use blueberries, raspberries and/or blackberries, thawed if frozen)
- 1 tbsp chia seeds
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1 tbsp plain nonfat yogurt, Greek or traditional
- 1 tsp unsweetened coconut
- 1 tsp honey

How to make it

1. In medium saucepan, bring water to a boil. Stir in oats.
2. Cook uncovered over medium heat, 1 minute for Quick Oats, 5 minutes for Old Fashioned Oats, stirring occasionally.
3. Place berries, chia seeds, cinnamon and ginger into blender or food processor container. Process until fruits are pureed. If mixture seems too thick, add water 1 tablespoon at a time to reach desired consistency.
4. Swirl into bowl of cooked oats. Serve topped with yogurt, coconut and honey.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	5 min	10 min	1

Made with



Quaker® Oats-Old Fashioned