

# Fabio's Love Your Heart Oatmeal

## Ingredients

- 1/2 cup fat free half and half
- 1 tsp ginger powder
- 1/4 tsp cinnamon
- 1 tbsp grated orange peel
- 1 tbsp maple syrup
- 4 cups fat free milk
- 2 cups Quaker® Oats-Old Fashioned
- 1/4 tsp salt
- 1 ½ tbsp brown sugar
- 1 cup cooking spray
- 2 cups fresh strawberries
- 1 tbsp sugar

## How to make it

1. Bring half and half, ginger, cinnamon and orange peel to a boil.
2. Simmer for 12-15 minutes then stir in maple syrup and set aside.
3. Bring milk to a boil.
4. Add oats, salt; cook and stir for 5-6 minutes.
5. Stir in brown sugar and 1/3 cup ginger cream.
6. Cover and let stand for 2 minutes off the fire.
7. Grease for 10-oz ramekins with the cookins spray then add oatmeal, then add berries over top; sprinkle with sugar.
8. Broil 5 inches from the heat for 5-8 minutes or until sugar is caramelized and serve remaining ginger cream.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	25 min	35 min	1

## Made with



Quaker® Oats-Old Fashioned