

Mango Golden Turmeric Oats

Ingredients

- 3/4 cup water
- 1 cup unsweetened coconut milk beverage
- 1 cup Quaker® Oats-Old Fashioned
- 1 tsp turmeric spice
- 1 tsp cinnamon
- Pinch of black pepper
- 1 mango, cubed
- 1/4 cup raspberries
- 2 tbsp sliced almonds
- 2 tbsp hemp seeds
- 2 tbsp pure maple syrup

How to make it

1. Bring water and coconut milk to a boil.
2. Stir in oats and reduce heat to low.
3. Add turmeric, cinnamon, black pepper and 1/2 the mango.
4. Simmer for 5 minutes, stirring often.
5. Divide oats among 2 bowls and top with remaining mango, raspberries, almonds, and hemp seeds.
6. Drizzle with maple syrup and enjoy!



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	5 min	10 min	2

Made with



Quaker® Oats-Old Fashioned