

Peanut Butter Banana Oatmeal with Berry Jam



Ingredients

Mixed Berry Chia Jam

- 1 cup fresh or frozen raspberries
- 1 cup fresh or frozen blueberries
- 2 tbsp chia seeds
- 1 tbsp orange juice
- 1 tbsp pure maple syrup

Oats

- 1 cup water
- 1/2 cup Quaker® Oats-Old Fashioned
- 1/2 fresh banana, about cup
- 1 tbsp peanut butter or almond butter

How to make it

1. In a mixing bowl combine raspberries, blueberries, chia, orange juice and maple syrup. Cover and let defrost at room temperature for about an hour.
2. Mash with a potato masher and let stand another hour for chia seeds to fully absorb moisture and plump. Bring water to a boil in a medium saucepan.
3. Stir in oats and reduce heat to low. Simmer uncovered over low heat, about 5 minutes, stirring occasionally.
4. Place oats in a bowl and top with fresh bananas, 2 tbsp chia jam, and 1 tbsp peanut butter.
5. Store leftover jam in refrigerator for up to one week.

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

Made with



Quaker® Oats-Old Fashioned