

# Pineapple Oatmeal

## Ingredients

- 1 can (20 oz) pineapple tidbits in 100% pineapple juice
- Water
- 1/4 tsp salt
- 2 cups Quaker® Oats (quick or old fashioned, uncooked)
- 2 containers (6 oz each) vanilla fat-free yogurt\*
- 1/4 to 1/2 tsp ground ginger
- 1/3 cup packed brown sugar
- 1/4 cup coarsely chopped macadamia nuts or almonds

## How to make it

1. Drain pineapple tidbits reserving juice.
2. Set fruit aside.
3. Add enough water to juice to equal 3 ¼ cups.
4. In medium saucepan, bring combined juice and water and salt to a boil.
5. Stir in oats.
6. Return to a boil; reduce heat to medium.
7. Cook 1 minute for quick oats, 5 minutes for old fashioned oats or until most of liquid is absorbed, stirring occasionally.
8. Stir in reserved pineapple.
9. Let stand covered until desired consistency.
10. Spoon yogurt into small bowl.
11. Add ginger; mix well.
12. Spoon oatmeal into 5 cereal bowls.
13. Top each serving with brown sugar, nuts and yogurt, dividing evenly.



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

## Made with



**Quaker® Oats-Old Fashioned**