

Quick Blueberry & Flax Oatmeal with Nut Butter



Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup water
- 1 tbsp ground flaxseed
- 1/2 cup blueberries
- 1 tbsp peanut butter or almond butter

How to make it

1. Combine oats, water and flaxseed in microwave-safe bowl.
2. Microwave on HIGH 1 ½ to 2 minutes for quick oats or 2 ½ to 3 minutes for old fashioned or until desired consistency.
3. Stir in blueberries.
4. Microwave on HIGH 1 minute; stir.
5. Top with peanut or almond butter.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	3 min	8 min	1

Made with



Quaker® Oats-Old Fashioned