

# Spicy Orange Date Oatmeal Bowl

## Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup water
- 2 tbsp fresh orange juice
- 3 tbsp chopped dates
- 1/2 tsp orange zest
- 1/4 tsp ground cardamom
- 1/4 tsp ground cinnamon
- 1 tbsp plain nonfat yogurt, Greek or traditional
- 2 tsp chopped pistachios, toasted if desired

## How to make it

1. In medium saucepan, bring water and orange juice to a boil.
2. Stir in oats, dates, orange zest, cardamom and cinnamon.
3. Cook uncovered over medium heat, 1 minute for Quick Oats, 5 minutes for Old Fashioned Oats, stirring occasionally.
4. Top with yogurt and pistachios.



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

## Made with



Quaker® Oats-Old Fashioned