

Triple Almond Oat Bowl

Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 tsp honey
- 1/4 tsp ground cinnamon (optional)
- 1/4 tsp vanilla extract
- 1/2 cup unsweetened almond milk
- 1 tbsp almond butter
- 1 ½ tsp chopped almonds, toasted

How to make it

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



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

Made with



Quaker® Oats-Old Fashioned