



# Atole de Avena



**SERVINGS**

1



**COOKING TIME**

-

Atole de Avena is a comforting hot Mexican oatmeal drink, a great option with breakfast, brunch, or just as a snack. If you're looking for a new way to enjoy oatmeal and have a love for cinnamon, this traditional oatmeal drink is something the whole family will enjoy.

## Ingredients

- 2 Cup(s) Water
- 1 1/2 Cup(s) [Quaker® Oats-Old Fashioned](#)
- 3 Cup(s) Whole milk
- 1 Whole Mexican cinnamon stick
- 1 Pinch(s) Pinch of salt
- 1 Tablespoon(s) Piloncillo or sugar to taste

## Cooking Instructions

1. Add water and cinnamon stick in a medium-sized saucepan and bring to a boil.
2. Lower heat and simmer for about 4 minutes.
3. Add oats, stirring frequently.
4. When oats have absorbed most of the water, add in the milk and stir to combine well.
5. Simmer until atole reaches desired consistency.
6. Atole is usually on the thinner side for sipping.
7. Add more milk if needed.
8. Add piloncillo to taste.
9. Remove cinnamon stick and serve.