



Berry Oatmeal Bowl



SERVINGS



COOKING TIME

1

3 min

One of the best ways to enjoy creamy oatmeal is adding in juicy fruits. This recipe, Berry Oatmeal Bowl, is not only bursting with fresh fruit flavors like blueberry, raspberries, and blackberries, but also helps fuel your morning.

Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 cup nonfat milk or water
- 1 tsp shredded orange peel
- 1/2 tsp vanilla extract
- 1/4 cup blueberries
- 1/4 cup raspberries
- 1/4 cup blackberries
- 2 tbsp nonfat Greek yogurt, plain or vanilla
- 1 tbsp sunflower seeds

Cooking Instructions

1. Combine oats and nonfat milk in microwave-safe bowl.
2. Microwave on HIGH 2-1/2 to 3 minutes.
3. Stir in orange peel and vanilla.
4. Top with berries and yogurt.
5. Sprinkle with sunflower seeds and additional orange peel, if desired.
6. Gluten-free if made with Quaker® Gluten Free Oats, nut-free, vegetarian
7. For vegan version, substitute non-dairy milk and yogurt, such as almond or soy, for nonfat milk and yogurt.