



Breakfast Grits with Blueberry Compote and Walnuts



SERVINGS



COOKING TIME

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Breakfast Grits with Blueberry Compote & Walnuts is a sweet way to start your morning. With juicy blueberries, crunchy walnuts, and creamy grits, each bite is full of both texture and flavors. Along with blueberries, this recipe calls for honey, lemon juice, and cinnamon for a bowl full of fresh flavors.

Ingredients

- 1 Cup Quaker® Old Fashioned Standard Grits or 8 packets [Quaker® Old Fashioned - Standard Grits](#)
- 2 Cups Low-Fat 1% Milk
- 2 Cups Water
- 1 Teaspoon Salt
- 2 Tablespoons Granulated Sugar
- 4 Tablespoons Unsalted Butter, divided
- 1/4 Cup Packed Light Brown Sugar
- 2 Tablespoons Honey
- 2 Cups Blueberries
- 2 Teaspoons Fresh Lemon Juice
- Pinch of Cinnamon
- 1/2 Cup Toasted Chopped Walnuts

Cooking Instructions

1. In a large saucepan bring milk, water, salt, and granulated sugar to a boil.
2. Whisk in the Quaker Old Fashioned Grits, then reduce heat and simmer, whisking occasionally, until the grits are thickened and tender, about 20-25 minutes.
3. Turn off the heat, and whisk in 3 tablespoons of the butter.

4. If using Quaker Instant Grits combine packets with milk, water, salt, and sugar, and microwave on high for 3.5 minutes.
5. Remove from microwave and whisk in 3 tablespoons of the butter.
6. Melt the remaining butter (1tbsp) in a skillet over low heat.
7. Add the brown sugar, honey, blueberries, lemon juice, and cinnamon, and cook until the sugar dissolves and the berries burst and mixture begins to thicken.
8. To serve, spoon the grits into bowls, top with the warm blueberry mixture, and garnish with toasted walnuts.