



Chia-Berry Oatmeal



SERVINGS

1



COOKING TIME

5 minutes

Get a flavorful start to your morning with Chia-Berry Oatmeal. This very berry oatmeal recipe only takes 5 minutes to make for a flavorful breakfast option when you're in a time crunch. Not only is it bursting with berries but has warmer flavors like cinnamon and ginger for a berry oatmeal with a variety of flavors.

Ingredients

- 1/2 Cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 Cup(s) water
- 1/2 Cup(s) fresh or frozen berries (use blueberries, raspberries and/or blackberries, thawed if frozen)
- 1 Tablespoon(s) chia seeds
- 1/4 Teaspoon(s) ground cinnamon
- 1/4 Teaspoon(s) ground ginger
- 1 Tablespoon(s) plain nonfat yogurt, Greek or traditional
- 1 Teaspoon(s) unsweetened coconut
- 1 Teaspoon(s) honey

Cooking Instructions

1. In medium saucepan, bring water to a boil. Stir in oats.
2. Cook uncovered over medium heat, 1 minute for Quick Oats, 5 minutes for Old Fashioned Oats, stirring occasionally.
3. Place berries, chia seeds, cinnamon and ginger into blender or food processor container. Process until fruits are pureed. If mixture seems too thick, add water 1 tablespoon at a time to reach desired consistency.
4. Swirl into bowl of cooked oats. Serve topped with yogurt, coconut and honey.