



Fabio's Love Your Heart Oatmeal



SERVINGS



COOKING TIME

1

-

Get cooking in the morning with Love Your Heart Oatmeal. This creative oatmeal recipe has so many yummy ingredients including ginger, cinnamon, grated orange peel, maple syrup, and fresh strawberries.

Ingredients

- 1/2 Cup(s) fat free half and half
- 1 Teaspoon(s) Ginger Powder
- 1/4 Teaspoon(s) Cinnamon
- 1 Tablespoon(s) Grated Orange Peel
- 1 Tablespoon(s) maple syrup
- 4 Cup(s) fat free milk
- 2 Cup(s) Old Fashioned [Quaker® Oats-Old Fashioned](#)
- 1/4 Teaspoon(s) Salt
- 1.5 Tablespoon(s) brown sugar
- 1 Cup(s) Cooking spray
- 2 Cup(s) Fresh Strawberries
- 1 Tablespoon(s) Sugar

Cooking Instructions

1. Bring half and half, ginger, cinnamon and orange peel to a boil.
2. Simmer for 12/15 minutes then stir in maple syrup and set aside.
3. Bring milk to a boil.
4. Add oats, salt; cook and stir for 5/6 minutes.
5. Stir in brown sugar and 1/3 cup ginger cream.
6. Cover and let stand for 2 minutes off the fire.
7. Grease for 10-oz ramekins with the cookins spray then add oatmeal, then add berries over top; sprinkle with sugar.

8. Broil 5 inches from the heat for 5/8 minutes or until sugar is carmelized and serve remaining ginger cream.