



Greek Yogurt Oatmeal Bowl



SERVINGS



COOKING TIME

1

3 min

When mornings get a little busy, this 3-minute recipe is a simple way to help start your day. Greek Yogurt Oatmeal Bowls are made with delicate flavors for a breakfast option you can enjoy year-round. This Greek yogurt recipe is thick, creamy, and can be made in the microwave.

Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 egg white, lightly beaten or 1 large whole egg, lightly beaten
- 1 cup nonfat milk or water
- 3 tbsp plain, nonfat Greek yogurt
- 2 tsp chopped pistachios
- 1 tsp honey

Cooking Instructions

1. Place oats in microwave-safe bowl (at least 4-cup capacity).
2. Add egg white or whole egg to oats. Stir to combine (no specks of yolk should show if using whole egg).
3. Add milk; stir until all ingredients are well combined.
4. For quick oats, microwave on HIGH, uncovered, 2 to 2-1/2 minutes or until egg is fully cooked and oats are desired consistency. For old fashioned oats, microwave on HIGH, uncovered, 2 minutes.
5. Stir oats, microwave about 1 minute longer in 30 second intervals, stirring after each interval until egg and oats are cooked. Let stand 1 to 2 minutes if thicker consistency is desired. Top with yogurt and pistachios. Drizzle with honey.

Cook Note:

6. Recipe tested in 1100-watt microwave oven.