



# Pineapple Oatmeal



**SERVINGS**

5



**COOKING TIME**

5 min

Add a little sweetness to your morning with a bowl of pineapple oatmeal. The combination of crunchy macadamia and sweet pineapple takes your oatmeal to the next level.

## Ingredients

- 1 can (20 oz) pineapple tidbits in 100% pineapple juice
- Water
- 1/4 tsp salt
- 2 cups [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 2 containers (6 oz each) vanilla fat-free yogurt\*
- 1/4 to 1/2 tsp ground ginger
- 1/3 cup packed brown sugar
- 1/4 cup coarsely chopped macadamia nuts or almonds

## Cooking Instructions

1. Drain pineapple tidbits reserving juice.
2. Set fruit aside.
3. Add enough water to juice to equal 3 1/4 cups.
4. In medium saucepan, bring combined juice and water and salt to a boil.
5. Stir in oats.
6. Return to a boil; reduce heat to medium.
7. Cook 1 minute for quick oats, 5 minutes for old fashioned oats or until most of liquid is absorbed, stirring occasionally.
8. Stir in reserved pineapple.
9. Let stand covered until desired consistency.
10. Spoon yogurt into small bowl.
11. Add ginger; mix well.
12. Spoon oatmeal into 5 cereal bowls.

13. Top each serving with brown sugar, nuts and yogurt, dividing evenly.