



Spicy Orange Date Oatmeal Bowl



SERVINGS

1



COOKING TIME

5 minutes

Spice up your morning with our recipe for Spicy Orange Date Oatmeal Bowl. This recipe is a fun way to add some zest to your oatmeal with ground cardamom, a highly fragrant flavor that will compliment the warm cinnamon. This recipe is an easy way to switch things up in the morning and try something new.

Ingredients

- 1/2 Cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 Cup(s) water
- 2 Tablespoon(s) fresh orange juice
- 3 Tablespoon(s) chopped dates
- 1/2 Teaspoon(s) orange zest
- 1/4 Teaspoon(s) ground cardamom
- 1/4 Teaspoon(s) ground cinnamon
- 1 Tablespoon(s) plain nonfat yogurt, Greek or traditional
- 2 Teaspoon(s) chopped pistachios, toasted if desired

Cooking Instructions

1. In medium saucepan, bring water and orange juice to a boil.
2. Stir in oats, dates, orange zest, cardamom and cinnamon.
3. Cook uncovered over medium heat, 1 minute for Quick Oats, 5 minutes for Old Fashioned Oats, stirring occasionally.
4. Top with yogurt and pistachios.