

Peach Pomegranate Oatmeal



QUAKER

Servings: 1 | Prep Time: 5 minutes | Cook Time: 5 Minutes

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Brought to you by Cara
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Ingredients

- ½ cup Quaker® Old Fashioned Oats
- 1 cup water
- 1 dash salt
- 1 cup peaches, sliced (fresh or frozen)
- 2 tablespoons pomegranate arils
- 1 tablespoon pomegranate molasses
- 1 tablespoon chopped pistachios
- ¼ teaspoon ground ginger
- 1 dash ground cinnamon (optional)



Preparation

1. If using frozen peaches, allow to thaw in advance or chill in the refrigerator overnight.
2. Combine the oats, water, and salt in a microwave-safe bowl. Microwave for 2 ½–3 minutes per the instructions on the canister or until fully cooked. Remove from the microwave and stir.
3. Mix in the ground ginger and cinnamon (if using). Top the bowl with the sliced peaches, pomegranate arils, and chopped pistachios. Drizzle the pomegranate molasses over the top and serve immediately.

NUTRITION FACTS (PER SERVING):

300 calories, 7 g fat, 1 g sat fat, 0 mg cholesterol, 300 mg sodium, 54 g total carb, 9 g fiber, 21 g sugar, 9 g protein, 4% DV calcium, 0% DV vitamin D, 20% DV vitamin C, 4% DV vitamin A, 15% DV potassium, 15% DV iron, 25% DV thiamin, 20% DV magnesium, 0 g added sugar

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