



Perfect Purple Oats Bowl

QUAKER

Servings: 1 | Prep Time: 5 minutes | Cook Time: 10 Minutes

Perfect Purple Oats Bowl

Brought to you by
Mascha Davis, MPH, RDN



Ingredients

- 1 cup almond milk
 - ½ cup Quaker® Old Fashioned Oats
 - ½ cup frozen mixed berries
 - 1 teaspoon chia seeds
 - 1 teaspoon agave
 - 1 teaspoon maqui berry powder
 - ¼ teaspoon cinnamon
 - ¼ teaspoon vanilla extract
 - Pinch of salt
- Toppings: ½ sliced banana, ¼ cup blueberries, 2 tablespoons goji berries and 2 tablespoons of pecans



Preparation

1. Bring almond milk to a gentle boil along with salt.
2. Add the oats and allow to cook over low heat, covered, for 5–7 minutes.
3. Add the frozen mixed berries and cook for another 1–2 minutes, or until oats are soft.
4. Turn off heat, and add the chia seeds, maqui powder, cinnamon, vanilla extract and agave, and stir until everything is combined.
5. Serve in a bowl with toppings sprinkled on top.

NUTRITION FACTS (PER SERVING):

300 calories, 6 g fat, 1 g sat fat, 0 mg cholesterol, 450 mg sodium, 55 g total carb, 10 g fiber, 18 g sugar, 8 g protein, 40% DV calcium, 15% DV vitamin D, 50% DV vitamin C, 15% DV vitamin A, 10% DV potassium, 20% DV iron, 20% DV thiamin, 25% DV magnesium, 12 g added sugar

QUAKER