



## Balsamic Raspberry Chia Oatmeal Bowl

**QUAKER**

Servings: 1 | Prep Time: 5 minutes | Cook Time: 3 Minutes

# Balsamic Raspberry Chia Oatmeal Bowl

Brought to you by Cara  
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## Ingredients

- $\frac{3}{4}$  cup Quaker® Old Fashioned Oats
- $\frac{3}{4}$  cup water
- 1 dash salt
- $\frac{1}{2}$  cup raspberries fresh or frozen
- $\frac{1}{2}$  tablespoon chia seeds
- $\frac{1}{2}$  tablespoon balsamic glaze
- $\frac{1}{2}$  tablespoon honey
- $\frac{1}{2}$  oz chopped pecans
- Fresh basil (optional)



## Preparation

1. Reserve a few raspberries for serving, then add the remaining raspberries to a small bowl along with the chia seeds, balsamic glaze, and honey. Use a fork to gently mash to a thick consistency, fully combining the chia seeds into the mashed berries. Set aside while you prepare the oats.
2. Add the oats to a separate bowl along with the water and salt. Microwave for 2  $\frac{1}{2}$  to 3 minutes per the instructions on the canister or until fully cooked. Remove from the microwave and stir.
3. Top the bowl with the raspberry-chia jam and chopped pecans. If using, top with fresh basil and the reserved raspberries and serve immediately.

**COOK NOTE:** If using frozen berries, allow to thaw and soften before mashing. Adjust the amount of water used for the cooked oats to achieve your desired consistency.

## NUTRITION FACTS (PER SERVING):

660 calories, 33 g fat, 4 g sat fat, 0 mg cholesterol, 390 mg sodium, 81 g total carb, 29 g fiber, 14 g sugar, 18 g protein, 30% DV calcium, 2% DV vitamin D, 20% DV vitamin C, 0% DV vitamin A, 10% DV potassium, 60% DV iron, 40% DV thiamin, 70% DV magnesium, 10 g added sugar

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