

# Blueberry Oatmeal

2 Servings • 1 Serving = 1 Cup



## INGREDIENTS

- 1 cup low-fat milk or unsweetened milk alternative
- 1 teaspoon ground cinnamon, or to taste
- 2 teaspoons honey
- ½ cup rolled oats
- ½ cup blueberries, fresh or frozen
- Optional: ¼ cup walnuts or pecans, chopped

## DIRECTIONS

1. In a small pot, add milk and heat over medium low heat until small bubbles start to rise to the top. Be careful not to scorch the bottom, so stir gently.
2. Add cinnamon and honey and whisk to combine with the milk.
3. Add rolled oats and bring to a simmer. Stir gently and cook until oats are cooked, 5-7 minutes. Add the blueberries and allow to warm through.
4. Add the walnuts or pecans.

## Nutrition Facts

2 servings per container

Serving size 1 cup

Amount per serving  
**Calories 270**

% Daily Value\*

Total Fat 12g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 55mg 2%

Total Carbohydrate 34g 12%

Dietary Fiber 5g 18%

Total Sugars 16g

Includes 6g Added Sugars 12%

Protein 9g

Vitamin D 0mcg 0%

Calcium 192mg 15%

Iron 1mg 6%

Potassium 360mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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