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## BLUEBERRY OATMEAL

2 Servings • 1 Serving = About 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
- ¼ cup chopped walnuts or pecans (optional)

### DIRECTIONS

- 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.
- Add cinnamon and honey and whisk to combine with the milk.
- 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. You will notice some of them bursting. Add the walnuts.
- Note: Instant oats will cook much more quickly, about 2-3 minutes.

**NUTRITION FACTS** Serving Size = about one cup (203g); Servings per container = 2; calories 110; total fat 12g (18%); saturated fat 2g (10%); cholesterol 5mg (2%); sodium 55mg (2%); total carbohydrate 34g (11%); dietary fiber 6g (24%); sugars 15g; protein 9g.

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