



# Berry Oatmeal Bowl

 **SERVINGS** not found or type unknown

1

 **COOKING TIME** not found or type unknown

2-1/2 to 3 mins

One of the best ways to enjoy creamy oatmeal is adding in juicy fruits. This recipe, Berry Oatmeal Bowl, is not only bursting with fresh fruit flavors like blueberry, raspberries, and blackberries, but also helps fuel your morning.

## Ingredients

- 1/2 cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 cup(s) nonfat milk or water
- 1 teaspoon(s) shredded orange peel
- 1/2 teaspoon(s) vanilla extract
- 1/4 cup(s) blueberries
- 1/4 cup(s) raspberries
- 1/4 cup(s) blackberries
- 2 tablespoon(s) nonfat Greek yogurt, plain or vanilla
- 1 tablespoon(s) sunflower seeds

## Cooking Instructions

1. Combine oats and nonfat milk in microwave-safe bowl.
2. Microwave on HIGH 2-1/2 to 3 minutes.
3. Stir in orange peel and vanilla.
4. Top with berries and yogurt.
5. Sprinkle with sunflower seeds and additional orange peel, if desired.
6. Gluten-free if made with Quaker Gluten Free Oats, nut-free, vegetarian
7. For vegan version, substitute non-dairy milk and yogurt, such as almond or soy, for nonfat milk and yogurt.