



Mango Golden Turmeric Oats



SERVINGS

2



COOKING TIME

5 min

Mango Golden Turmeric Oats recipe infuses creamy oats with vibrant mango and the warm, earthy flavors of golden turmeric for a nourishing and flavorful breakfast.

Ingredients

- 3/4 cup water
- 1 cup unsweetened coconut milk beverage
- 1 cup [Quaker® Oats-Old Fashioned](#)
- 1 tsp turmeric spice
- 1 tsp cinnamon
- Pinch of black pepper
- 1 mango, cubed
- 1/4 cup raspberries
- 2 tbsp sliced almonds
- 2 tbsp hemp seeds
- 2 tbsp pure maple syrup

Cooking Instructions

1. Bring water and coconut milk to a boil.
2. Stir in oats and reduce heat to low.
3. Add turmeric, cinnamon, black pepper and 1/2 the mango.
4. Simmer for 5 minutes, stirring often.
5. Divide oats among 2 bowls and top with remaining mango, raspberries, almonds, and hemp seeds.
6. Drizzle with maple syrup and enjoy!