



Quick Blueberry & Flax Oatmeal with Nut Butter

 **SERVINGS**

1

 **COOKING TIME**

3 min

When your mornings get busy, but you don't want to skip breakfast, this recipe for Quick Blueberry & Flax Oatmeal with Nut Butter can be made in less than 5 minutes with fewer than 5 ingredients. Not only is this breakfast option quick and easy but it is also dairy free and can be made gluten free. *Look for specially marked gluten free products.

Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 cup water
- 1 tbsp ground flaxseed
- 1/2 cup blueberries
- 1 tbsp peanut butter or almond butter

Cooking Instructions

1. Combine oats, water and flaxseed in microwave-safe bowl.
2. Microwave on HIGH 1 ½ to 2 minutes for quick oats or 2 ½ to 3 minutes for old fashioned or until desired consistency.
3. Stir in blueberries.
4. Microwave on HIGH 1 minute; stir.
5. Top with peanut or almond butter.