



Vegetable Turmeric Instant Oatmeal



SERVINGS

1



COOKING TIME

1 minute

Ingredients

- 1 packet [Quaker® Organic Instant Oatmeal - Original](#)
- 2/3 cup water
- 1/2 cup spinach, chopped
- 1/4 cup tomatoes, chopped
- 1 tablespoon nutritional yeast
- 1/2 teaspoon ground turmeric
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder

Cooking Instructions

1. To a bowl, add oats and water to a bowl; stir. Microwave for 1-2 minutes.
2. Add spinach, tomatoes, nutritional yeast, turmeric, salt, pepper, and garlic powder; stir.