

Blueberry Oatmeal

2 Servings • 1 Serving = 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
- Optional: ¼ cup walnuts or pecans, chopped

DIRECTIONS

1. 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.
2. Add cinnamon and honey and whisk to combine with the milk.
3. 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.
4. Add the walnuts or pecans.

Nutrition Facts

2 servings per container	
Serving size	1 cup
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 6g Added Sugars	12%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 192mg	15%
Iron 1mg	6%
Potassium 360mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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