

# Quick Blueberry & Flax Oatmeal with Nut Butter

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.



**Servings:** 1



**Cook time:** 5 minutes prep, 3 minutes cook



## Ingredients

- ½ cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup water
- 1 tbsp ground flaxseed
- ½ cup blueberries
- 1 tbsp peanut butter or almond butter



## Instructions

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



This recipe constitutes a good source of fiber (at least 3g of fiber per serving). Fiber from a diet rich in grains, fruits and vegetables helps keep things moving through the digestive tract. Experts recommend eating at least 25 to 30 grams of fiber a day from a variety of grains, fruits and vegetables to help support a healthy digestive system. A serving of oats provides 4 grams of fiber. See nutritional below for fat content.



## Nutrition Info

<b>Calories:</b>	320
<b>Total fat:</b>	14 g
<b>Saturated fat:</b>	2 g
<b>Cholesterol:</b>	0 mg
<b>Sodium:</b>	80 mg
<b>Total Carbohydrates:</b>	44 g
<b>Dietary Fiber:</b>	8 g
<b>Total Sugar:</b>	7 g
<b>Added Sugar:</b>	1 g
<b>Protein:</b>	11 g

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