THE J.M. SMUCKER Co

Crunchy Blueberry Oatmeal

Prep Time	Cook Time	Serves	Difficulty
2 mins	2 mins	1	N/A

Ingredients

- 1/3 cup (75 mL) **Robin Hood®** Large Flake Oats

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- 3/4 cup (175 mL) water
- 2 tbsp (30 mL) skim milk
- 2 tbsp (30 mL) **Smucker's®** No Sugar Added Blueberry Fruit and Concentrated White Grape Juice Spread
- 1 tbsp (15 mL) toasted unsweetened coconut
- 1/2 tsp (2 mL) ground flax
- 1 tbsp (15 mL) slivered almonds, optional

Directions

Step 1:

Combine oats and water in large microwave safe bowl.

Step 2:

Microwave uncovered on high for 1 minute 45 seconds. Remove.

Step 3:

Stir in milk and remaining ingredients. Eat immediately.

Images

