



## EASY RASPBERRY OATMEAL

July 8

National Raspberry Day

### INGREDIENTS

- 2 Cups Rolled Oats
- 1 Cup Milk
- 1 Cup Water
- 3 Cups Raspberries (divided)
- 2 Tablespoons Pure Maple Syrup

### DIRECTIONS

1. Combine the rolled oats, oat milk beverage, and water in a small saucepan.
2. Bring to a gentle simmer over medium heat.
3. Cook, stirring occasionally, until the oats are soft and have absorbed most of the liquid, about 5-7 minutes.
4. In the last couple of minutes of cooking, stir in 2 cups of the raspberries and pure maple syrup.
5. Continue cooking and stirring until the raspberries are well incorporated and give the oatmeal a pink hue.
6. Transfer the hot oatmeal mixture to a bowl or serving bowls.
7. Top with remaining 1 cup raspberries and serve immediately.

### MEAL PATTERN CONTRIBUTION



Grain



Fruit

### MEAL TYPE



Breakfast

### YIELD

5 Cups

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	1 Cup	1 Cup	1 Cup