

# Atole de Avena

## Ingredients

- 2 cups water
- 1 ½ cups Quaker® Oats-Old Fashioned
- 3 cups whole milk
- 1 whole Mexican cinnamon stick
- 1 pinch of salt
- 1 tbsp Piloncillo or sugar to taste

## How to make it

1. Add water and cinnamon stick in a medium-sized saucepan and bring to a boil.
2. Lower heat and simmer for about 4 minutes.
3. Add oats, stirring frequently.
4. When oats have absorbed most of the water, add in the milk and stir to combine well.
5. Simmer until atole reaches desired consistency.
6. Atole is usually on the thinner side for sipping.
7. Add more milk if needed.
8. Add piloncillo to taste.
9. Remove cinnamon stick and serve.



PREP  
TIME  
5 min



COOK  
TIME  
5 min



TOTAL  
TIME  
10 min



SERVINGS  
1

## Made with



Quaker® Oats-Old Fashioned