

Spicy Orange Date Oatmeal Bowl

Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup water
- 2 tbsp fresh orange juice
- 3 tbsp chopped dates
- 1/2 tsp orange zest
- 1/4 tsp ground cardamom
- 1/4 tsp ground cinnamon
- 1 tbsp plain nonfat yogurt, Greek or traditional
- 2 tsp chopped pistachios, toasted if desired

How to make it

1. In medium saucepan, bring water and orange juice to a boil.
2. Stir in oats, dates, orange zest, cardamom and cinnamon.
3. Cook uncovered over medium heat, 1 minute for Quick Oats, 5 minutes for Old Fashioned Oats, stirring occasionally.
4. Top with yogurt and pistachios.



PREP
TIME
5 min



COOK
TIME
5 min



TOTAL
TIME
10 min



SERVINGS
1

Made with



Quaker® Oats-Old Fashioned