

Blueberry Oatmeal

Ingredients:

- 1 1/2 cups skim milk
- 3/4 cup quick-cooking oats
- salt
- 1 tablespoon brown sugar
- 1/2 teaspoon ground cinnamon
- 3/4 cup fresh or frozen unsweetened blueberries



Directions:

1. In a saucepan, add 1 1/2 cups skim milk, 3/4 cup quick-cooking oats, and a dash of salt
2. Bring to a boil – cook for 2 minutes
3. Add 1 tablespoon brown sugar and 1/2 teaspoon ground cinnamon
4. Stir
5. Top with 3/4 cup fresh or frozen unsweetened blueberries, thawed