

# Oatmeal with Raspberries

1 SERVING 10 MINUTES



## INGREDIENTS

- 1 cup Water
- 1/2 cup Oats (quick or rolled)
- 1/2 cup Raspberries (fresh or frozen)

## NUTRITION

### AMOUNT PER SERVING

Calories	185	Carbs	35g
Fat	3g	Protein	6g

## DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 02 Transfer the cooked oats to a bowl and top with raspberries. Enjoy!