

BLUEBERRY OATMEAL

INGREDIENTS



1 1/3 cups water
1 pinch salt
2/3 cup quick oats
1 tablespoon crushed flax seed
1 tablespoon brown sugar

1 teaspoon ground cinnamon
1 teaspoon vanilla extract
1/2 cup milk (Optional)
1/4 cup fresh blueberries, or
more to taste

DIRECTIONS

- Combine water and salt together in a saucepan; bring to a boil. Add oats; cook and stir until halfway tender, 2 to 3 minutes. Stir flax, brown sugar, cinnamon, and vanilla extract into oatmeal; continue cooking until oats are tender, water is boiled off, and desired cereal consistency is reached, 2 to 3 minutes more. Stir milk and blueberries into oatmeal.