

Berry Oatmeal with Chia Seeds

**COOK TIME**

15 mins

REST TIME

5 mins

TOTAL TIME

20 mins

**COURSE**

Breakfast, Gluten Free

**SERVINGS**

7

CALORIES

255 kcal

EQUIPMENT

- 1 large saucepan
- single-serving Tupperware optional

INGREDIENTS

- 280 g oats
- 3.5 c soy milk unsweet
- 3.5 c mixed berries fresh or frozen
- 3.5 Tbsp chia seeds
- 3.5 c water
- stevia to taste
- vanilla extract to taste

INSTRUCTIONS

1. In a large saucepan, combine the oats, unsweetened soy milk, water, mixed berries, and chia seeds. Mix well to combine.
2. Place the saucepan over medium heat and bring the mixture to a gentle boil. Stir occasionally to prevent sticking.
3. Reduce the heat to low and simmer the mixture for about 5-7 minutes, or until the oats are cooked and the berries have softened. If the mixture becomes too thick, add water gradually until you reach your desired consistency.
4. Remove the saucepan from heat and stir in Stevia and vanilla extract to taste. Start with a small amount and adjust according to your preference.
5. Let the oatmeal rest for a few minutes to cool slightly and thicken further.
6. Divide into 7 roughly equal servings and refrigerate for later.

NUTRITION

Nutrition Facts

Berry Oatmeal with Chia Seeds

Amount Per Serving	
Calories 255	Calories from Fat 63
% Daily Value*	
Fat 7g	11%
Carbohydrates 37g	12%
Protein 9.5g	19%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!