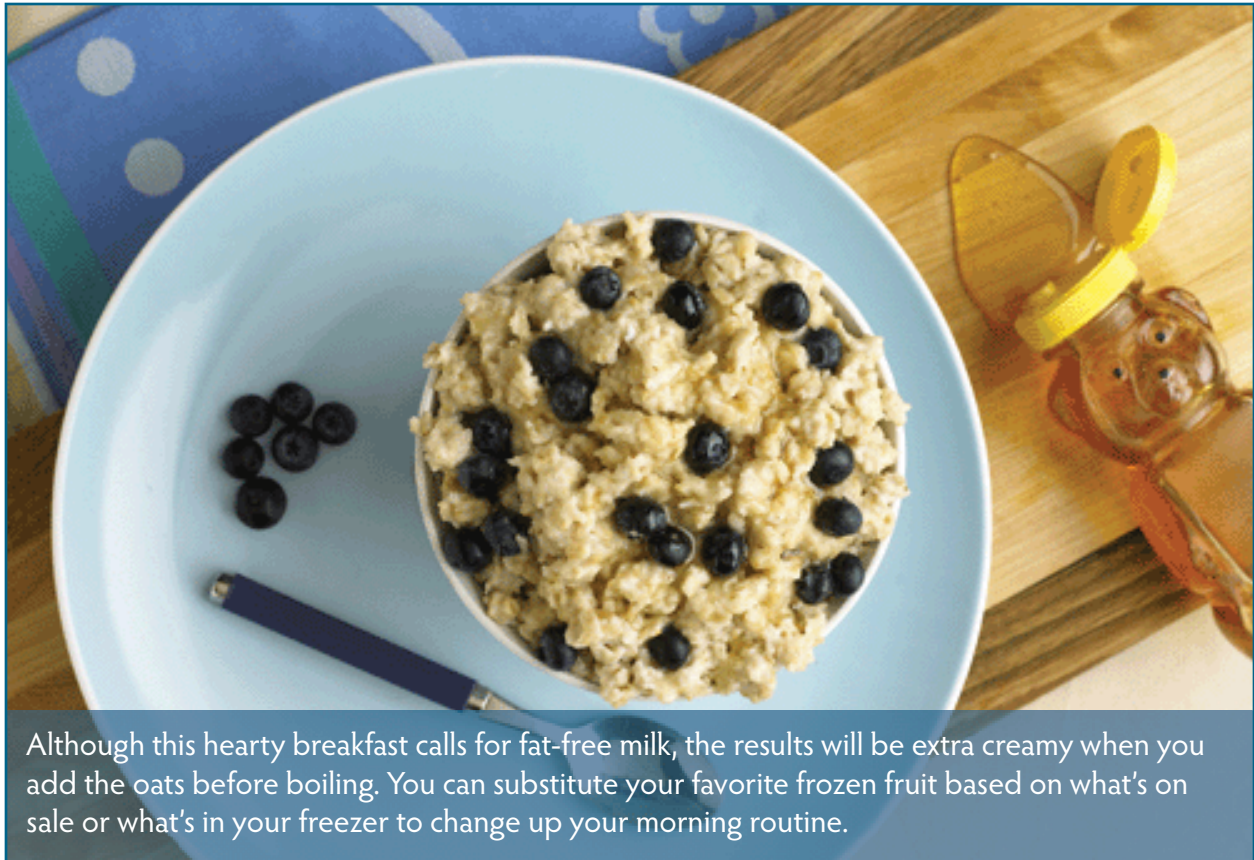


# Teaspoon Communications

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## Blueberries & "Cream" Oatmeal



Although this hearty breakfast calls for fat-free milk, the results will be extra creamy when you add the oats before boiling. You can substitute your favorite frozen fruit based on what's on sale or what's in your freezer to change up your morning routine.

Food Styling: Dan Macey, [www.dantasticfood.com/](http://www.dantasticfood.com/)  
Photography: Todd Trice, [www.toddtrice.com](http://www.toddtrice.com)

### Ingredients

1 cup old-fashioned oats  
½ cup fat-free milk  
½ cup frozen blueberries  
2 teaspoons honey  
Dash of nutmeg

### Directions

In a medium pot, heat oats and milk over medium heat until it reaches a low boil. Reduce to medium heat and cook for 3 - 5 minutes (until oatmeal is thick,) stirring frequently. Mix in blueberries and honey. Sprinkle with a dash nutmeg before serving.

Makes 2 servings

Nutrition analysis per serving: Calories 215, Protein 7g, Fat 3g, Calories from Fat 13%, Cholesterol 1 mg, Carbohydrates 41g, Fiber 5g, Calcium 100mg, Iron 2mg,