

Microwave Blueberry Oatmeal

makes 1 bowl, enough for an adult or 1 toddler or
1 VERY HUNGRY toddler

INGREDIENTS

1 cup quick oats
1 cup milk
1/2 cup frozen blueberries

DIRECTIONS

1. Pour all ingredients into a
microwave safe bowl



2. Microwave for 2 minutes
or until blueberries are
defrosted



3. Enjoy!

If you like your oatmeal
creamier, add more milk next
time.



Try topping with sweetened
coconut or nuts. If you like it
sweeter, add some sugar, jam
or honey.

Don't give honey to infants
younger than 1 year, and but
sure to chop nuts and berries
to avoid choking hazards for
new eaters.

