



# Blueberry Oatmeal

## Ingredients

- 1  $\frac{1}{3}$  cups water
- 1 pinch salt
- $\frac{2}{3}$  cup quick oats
- 1 tablespoon crushed flaxseed
- 1 tablespoon brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup milk (optional)
- $\frac{1}{4}$  cup fresh blueberries (or more to taste)

## Instructions

1. **Boil the water.**  
In a medium saucepan, bring the water and salt to a boil over medium heat.
2. **Add the oats.**  
Stir in the quick oats and cook for 2–3 minutes, until they begin to soften.
3. **Flavor the oatmeal.**  
Stir in the flaxseed, brown sugar, cinnamon, and vanilla extract. Continue cooking for another 2–3 minutes, or until the oats are fully tender and the liquid is mostly absorbed.
4. **Add the finishers.**  
Remove from heat and stir in the milk (if using) and fresh blueberries. Serve warm.