



Blueberry Oatmeal

Ingredients

- 1 1/3 cups water
- 1 pinch salt
- 2/3 cup quick oats
- 1 tablespoon crushed flaxseed
- 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)

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.