



Strawberries & Cream Oatmeal

HEALTHY CHOICE MEAL KIT

SHOPPING

PRODUCE	<ul style="list-style-type: none"> • Strawberries (fresh or frozen)
PROTEIN AND DAIRY	<ul style="list-style-type: none"> • Milk, cream or half & half
GRAINS & CEREAL	<ul style="list-style-type: none"> • Quick oats
OTHER	
THE OPEN DOOR SEASONING KIT	Seasoning packet contains: <ul style="list-style-type: none"> ◦ 1/4 cup brown sugar



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15 mins

Makes 4 servings

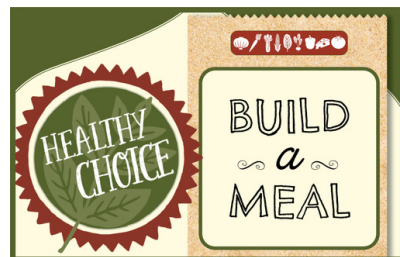
RECIPE

INGREDIENTS	4 c. Water 2 c. Quick Oats 1/4 tsp. Salt 1 cup Strawberries, fresh or frozen* 1/4 cup Brown sugar** 1/4 cup Milk*** *If using fresh strawberries, slice before adding **Or honey or maple syrup ***Or cream, or half & half For ONE serving use 1/2 cup oats + 1 cup water
INSTRUCTIONS	Combine the quick oats, salt, and water in a saucepan over medium-high heat. Bring to a boil and then reduce to a simmer. Cook, stirring occasionally, until the the oatmeal has thickened, 1-2 minutes.* Stir in the strawberries and continue cooking until they are heated through. If desired, mash or cut the berries into smaller pieces. Serve the hot oatmeal topped with brown sugar and milk or cream. *If using rolled oats instead, cook for 10-15 minutes. <i>Recipe adapted from barefeetinthekitchen.com "Strawberry Oatmeal"</i>

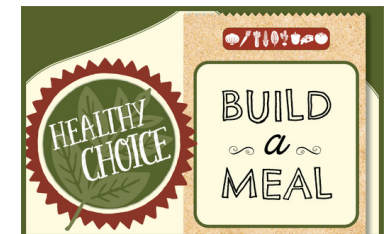
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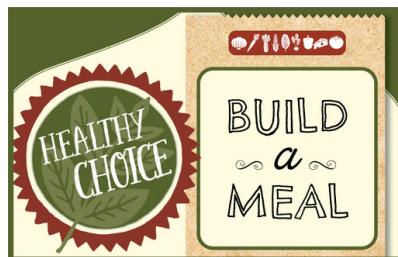
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