



Produce Prescription Program

Blackberry-Peach Oatmeal

Recipe adapted from: [Blackberry-Peach Oatmeal Recipe](#)

Servings: 2

- 2 cups old fashioned oats
- 1 1/2 – 2 cups of milk (can use non-dairy options if needed)
- 1/2 cup sliced peaches
- 1/2 cup of blackberries
- 1 tablespoon of honey
- 1/2 teaspoon of cinnamon
- 1 teaspoon vanilla

1. In a medium bowl, stir together oats and milk.
2. Microwave for about 1 minute and 30 seconds or until the oats are soft.
3. Add in the honey, cinnamon, and vanilla. Stir together then fold in the peaches and blackberries.
4. Add the oatmeal into 2 bowls and garnish with sliced peaches and blackberries and then enjoy!

