



Hungry Girl's Guilt-Free Groceries

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Today's delicious finds are brought to you by [Quaker®!](#)

HG ♥s Quaker

Delicious, wholesome goodness for breakfast and beyond!

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HG's TOP ATE Reasons to Love Quaker® ...

- 1 The 100% Natural Whole Grain Old Fashioned Oats are a perfect source of energy!
- 2 In a variety of sweet and savory flavors, Popped Snacks are wholesome snacks your family will FLIP for.
- 3 In a hurry? Reach for High Fiber Instant Oatmeal -- 40% of your daily fiber needs!*
- 4 New Warm & Crunchy Granola delivers the goodness of oatmeal with a satisfying CRUNCH.
- 5 Those Popped Snacks we mentioned? Have 13 - 18 of 'em for 140 calories or less. WOW.
- 6 On the go? Real Medleys Oatmeal+ features delicious fruit, nuts & multigrains... in a portable cup!
- 7 The High Fiber Instant Oatmeal comes in Cinnamon Swirl and Maple & Brown Sugar flavors. Mmmm!
- 8 From oatmeal options to crispy snacks, Quaker has you covered for breakfast and beyond!

*per serving; based on a 2,000 calorie diet

HG's Raspberry White Chocolate Growing Oatmeal

296 calories, 5g fat, 260mg sodium, 50.5g carbs, 9.5g fiber, 17g sugars, 13.5g protein

Ingredients:

- 1/2 cup Quaker® Old Fashioned Oats
- 1 no-calorie sweetener packet
- 1/4 tsp. cinnamon
- 1/8 tsp. vanilla extract
- Dash salt
- 3/4 cup fat-free milk
- 1/4 cup canned pure pumpkin
- 1/3 cup raspberries
- 1 tsp. white chocolate chips, chopped

Directions:

In a nonstick pot, combine first 6 ingredients. Mix in 1 1/4 cups water. (It'll thicken up!) Bring to a boil; reduce to a simmer.

Add pumpkin. Cook & stir until thick & creamy, 12 - 15 minutes.

Transfer to a medium bowl; let slightly cool & thicken. Top with berries & chopped chocolate chips!

MAKES 1 SERVING

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