Ingredients:

1 cup quick oats
1 cup water
1 cup 1% milk (soy or rice milk may be substituted)
1 teaspoon vanilla extract
1 tablespoon golden raisins
1 tablespoon raisins
½ cup of blueberries or raspberries
Brown sugar to taste

Directions:

In a small cooking pot, bring the oats, water and milk to a boil (adult needed). Reduce heat to low and cook for approximately 5-8 minutes until all of the liquid is absorbed and the oatmeal has thickened. Add the vanilla extract, blueberries and raisins to the mixture and stir well. Add sugar to taste.