Pacific Islands & Oceania
HAWAIIAN OATMEAL



INGREDIENTS

- 4 Cups Old-Fashioned Rolled Oats
- 8 Cups Water
- 1 Teaspoon Kosher Salt
- 7½ Cups Pineapple Tidbits (canned in juice, drained)
- ½ Cup Sweetened Shredded Coconut (plain or toasted)
- 1 Cup Sliced Almonds or Chopped Pecans (optional)
- 3 Tablespoons Light Brown Sugar (optional)

DIRECTIONS

1. Combine the oats, water and salt in a large saucepan over medium-high heat.
2. Bring to a boil, then reduce to a simmer. Simmer for 5–7 minutes, stirring occasionally, until the oatmeal thickens.
3. While the oatmeal cooks, drain the pineapple. For children ages 1–3, omit the nuts or mince them finely to prevent choking.
4. Scoop the oatmeal into bowls and top with pineapple per portion sizes below.
5. Sprinkle with coconut, nuts and brown sugar as desired. Enjoy!

MEAL PATTERN CONTRIBUTION

Grain
Fruit

MEAL TYPE

Breakfast

YIELD

7½ Cups

PORTION SIZES

Toddler: ¼ Cup Oatmeal + ¼ Cup Pineapple

Preschool: ¼ Cup Oatmeal + ½ Cup Pineapple

School Age: ½ Cup Oatmeal + ½ Cup Pineapple

Adult: 1 Cup Oatmeal + ½ Cup Pineapple