

**RECIPE**

# Savory Oatmeal with Spinach and Mushrooms

*1 serving*

**QUICK TO MAKE**, made from simple pantry staples, this savory version of a classic delivers that perfect balance of fiber, healthy fats, and flavor—ideal for a light lunch, easy dinner, or anytime you want something warm and wholesome without a lot of effort.

**INGREDIENTS**

- ½ cup rolled oats
- ½ cup spinach
- ½ cup sliced mushrooms
- 2 tsp olive oil.
- salt and pepper to taste



**INSTRUCTIONS**

- 1 COOK** ½ cup rolled oats, then top with ½ cup spinach and ½ cup sliced mushrooms sautéed in 2 tsp olive oil.
- 2 SEASON** with salt and pepper to taste.

**NUTRITIONAL INFO PER SERVING**

CALORIES

251

PROTEIN

8g

FIBER

5g