

APPLE GINGER OATS



INGREDIENTS:

- 1.5 cups rolled oats
- 2 cups egg whites
- 1 cup water
- 1/2 tbsp ginger (grated)
- 1 tsp cinnamon
- 2 tbsp low-calorie sweetener of choice
- 2 small apples

TOPPINGS:

- 2 tbsp slivered almonds
- 1 tbsp raisins or dried cranberries

DIRECTIONS:

1. Chop apples into cubes
2. Add all ingredients, except toppings, to a large pot and mix well
3. Turn stove top to medium heat, cook on medium heat for ~15-20 minutes. Stir occasionally
4. Split into 4 equal servings
5. Top with 2 tbsp slivered almonds and 1 tbsp dried fruit

Enjoy!

Makes 4 Servings | 1 Serving with Toppings =
Calories: 303 | Protein: 18 g | Carbs: 46 g | Fat: 6 g | Fiber: 7 g