

CAULIFLOWER OATS



INGREDIENTS:

- 1/4 cup oats
- 1 cup cauliflower
- 1/4 cup water
- 1 cup egg whites

TOPPINGS

- 1/2 cup berries
- 1/2 oz mixed nuts
- 1/4 tsp cinnamon

DIRECTIONS:

1. Add egg whites, water, and frozen cauliflower to a small pot
 2. Heat on medium heat until cauliflower thaws, ~3-4 minutes
 3. Add oatmeal, cook on medium heat while mixing for 3-4 minutes
 4. Once mixture thickens remove from heat and serve
 5. Top with berries, nuts, and cinnamon
- Enjoy!

Makes 1 Serving

Calories: 319 | Protein: 30 g | Carb: 30 g | Fat: 9 g | Fiber: 7 g