

Savory Oatmeal Bowl with Zucchini



Ingredients

- 1/2 cup of Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup shredded zucchini
- 1 cup water
- 3 Tbsp parmesan cheese
- Handful of spinach (1/2 cup)
- 1/4 cup edamame beans
- 1 poached or fried egg
- Salt and pepper to taste
- 1/4 cup alfalfa sprouts
- 1/4 avocado

How to make it

1. Add oats, zucchini and water into a pot and bring to a boil.
2. Lower heat and let simmer until the oats are creamy.
3. Mix in cheese and season to your liking. In the meantime, cook the egg.
4. Add spinach to a bowl, add the oatmeal and top with beans, cooked egg, avocado and sprouts.
5. Enjoy!



PREP
TIME

-



COOK
TIME

-



TOTAL
TIME

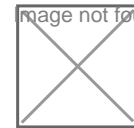
-



SERVING

1

Made with



Quaker® Oats-Old Fashioned