Savory Oatmeal

TOTAL TIME: 8-10 MIN
• Prep: 5 min
• Cook: 2-3 min

Ingredients

OATMEAL:
• 1/2 cup oatmeal
• 1 egg
• avocado, sliced
• tomato, diced
• salt & pepper

OPTIONAL ADD INS:
• Everything But The Bagel Seasoning
• Shredded cheese
• Hot Sauce
• Nutritional Yeast
• Diced red onion

Directions

-Start by preparing oatmeal.
-In a bowl, scoop 1/2 cup of oatmeal and cover with 3/4 cup water. You may use less if you want a thicker consistency.
-Stir oats and water together.
-Place in microwave and cook on high for 2 minutes.
-While oatmeal is cooking, prepare diced tomatoes and sliced avocado. You will need a sharp knife and cutting board.
-Once oatmeal is finished let it rest and sprinkle salt and pepper on top.
-Add poached egg, diced tomato, and avocado on top.
-Enjoy!

Poached Egg

-Put 1/2 cup warm water in a microwave safe mug or bowl.
-Break egg into the water.
-Microwave on high heat for 50 seconds.
-Remove from microwave and check whites, they should be cooked and not see through.
-Return to microwave for 10-30 seconds to achieve desired yolk consistency.
-Once cooked, remove mug from microwave and let sit for 1 min.
-Drain and place egg on paper towel to remove extra water.