



# 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.