

Savory Mushroom Oats

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 tbsp Organic Vegetable Broth
- 10 White Button Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 tsp Thyme (fresh, minced)
- 1 tsp Nutritional Yeast
- 1 cup Oats (rolled)
- 2 cups Water
- 1 1/2 tsps Coconut Aminos

NUTRITION

AMOUNT PER SERVING

Calories	187	Cholesterol	0mg
Fat	3g	Sodium	104mg
Carbs	33g	Vitamin A	36IU
Fiber	5g	Vitamin C	3mg
Sugar	3g	Calcium	53mg
Protein	9g	Iron	2mg

DIRECTIONS

- 01 In a skillet over medium-low heat, add the vegetable broth and the mushrooms. Cook for 5 minutes. Add the garlic, thyme and nutritional yeast and continue cooking for 4 to 5 minutes.
- 02 Meanwhile, add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the coconut aminos and stir.
- 03 Add the oats to a bowl and top with mushrooms. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add extra virgin olive oil, ghee or butter on top.

ADDITIONAL TOPPINGS

Add chopped parsley, parmesan or dairy-free cheese on top.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

NO VEGETABLE BROTH

Use avocado oil, or omit if using a non-stick pan.

