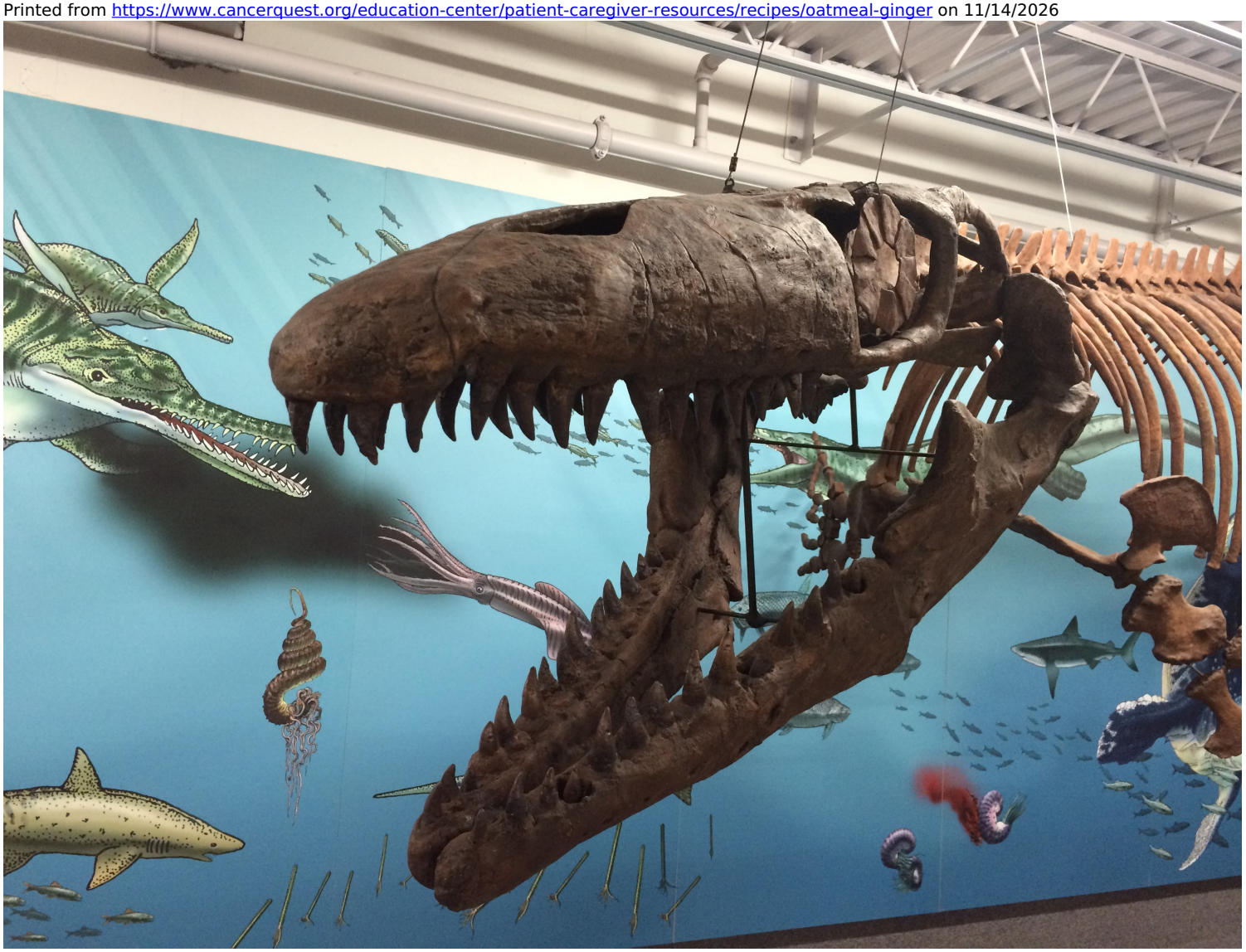
Oatmeal with Ginger

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Description

This is Yemii's favorite breakfast dish.

2 Servings
Tags
breakfast
Ingredients
2 c water
1 pn salt
1⁄4 c dry, non-fat milk powder
1 c rolled oats
1⁄8 t pumpkin pie spice
1⁄4 c ground almond meal
1⁄4 c Greek yogurt
1⁄2 c unsweetened applesauce
1 T candied ginger (minced)
1 T maple syrup (as needed for taste)
Instructions

1. In a medium saucepan, bring water and salt to a boil.
2. Add milk powder, oats and pumpkin pie spice. Cook over medium heat for about 10 minutes until oats are soft. Stir frequently.
3. Remove from heat and stir in almond meal.
4. Divide between 2 large bowls.
5. Top with yogurt, applesauce and ginger.

6. Sweeten as needed with maple syrup.

Notes

Nutrition Facts

Amount Per Serving

Calories 360

Total Fat 7g

Total Carbohydrate 50g

Protein 20g

Cholesterol 0 mg

Sugars 20 g

Dietary Fiber 7g

Source

Yemii's mom.