

# Recipe: Cauliflower Oatmeal

Makes 1 Serving

## Ingredients

1 large egg white, or 3 tbsp egg whites from carton

1/3 cup rolled oats

1/4 cup frozen riced cauliflower

## Directions

1. Place ½ cup water and 1/3 cup oats in a pan over medium high heat.

2. Once the water is simmering, add about ¼ c of the frozen cauliflower rice to the mixture and stir for about a minute

3. Next, add 1 egg white (or 3 tbsp egg white, if using carton) to your oats and stir for about three more minutes, or until the oats look done and the egg white is fully heated and incorporated. Stirring is important at this step to ensure you aren't left with clumps of egg white.

4. Once oatmeal is fully cooked, remove the oats from the stovetop and add toppings as desired. Enjoy!

## Nutritional Info

Servings Per Recipe: 1

Amount Per Serving

Calories: 128.5

Total Fat: 2.3 g

Cholesterol: 0.0 mg

Sodium: 67.5 mg

Total Carbs: 20.0 g

Dietary Fiber: 3.6 g

Protein: 7.9 g