EGG WHITE OATMEAL

Ingredients:

- 1 cup almond milk (or your favorite milk)
- ½ cup old fashioned oats
- ¼ cup liquid egg whites
- 2 tsp raw honey (optional)
- ½ tsp cinnamon
- ¼ tsp ginger (optional)



Directions:

1. Heat 3/4 cup almond milk in pan. Once almond milk is boiling, add oats and cook on medium heat for 8-10 minutes until almost all the milk is absorbed.
2. Once the almond milk is just about absorbed in oatmeal, stir in egg whites, cinnamon, ginger + honey and remaining 1/4 cup almond milk.
3. Stir constantly for 2 minutes over medium heat until everything is combined and egg whites have cooked. The oatmeal should be smooth and pull away from the pan when stirring. Make sure to consistently stir oatmeal after adding egg whites so they will not scramble ;)
4. Serve with nut butter or fresh berries of your choice!

NUTRITION PER SERVING:

Amount Per Serving (1 bowl)
Calories 266, fat, 5g, Carbs 40g, Fiber 5g, Sugar 12g, Protein 13g

Reference: https://thecleaneatingcouple.com

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