

Savory Mushroom Oats

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 tbsp 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

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!

NUTRITION

AMOUNT PER SERVING

Calories	186	Carbs	32g
Fat	3g	Protein	9g