

Savoury Spinach, Cheese and Edamame Oatmeal



For anyone who prefers salty breakfasts to sweet ones, this is for you! Quick and easy to prepare, whether for Sunday brunch or weekday breakfast!

Preparation 5 min
Cooking 7 min
Servings 2
Nutrition Facts (per serving)
Calories 305
Fat 15
Carbohydrates 34
Fibre 9
Protein 20
Sodium 410

Ingredients

- 250 ml (1 cup) large-flake oats (see Note)
- 250 ml (1 cup) unsweetened almond beverage
- 250 ml (1 cup) sodium-reduced vegetable broth
- 250 ml (1 cup) chopped fresh baby spinach
- 125 ml (½ cup) grated cheese
- 30 ml (2 tbsp) ground flaxseed

- 10 ml (2 tsp) chili powder
- 125 ml (½ cup) edamame, shelled, frozen and thawed

Topping (optional)

- Salsa
- Fresh herbs
- Lime wedge
- Cherry tomatoes
- Shredded cheese
- Hot pepper flakes

Note : For a gluten-free option, choose certified gluten-free oats

Preparation

1. In a saucepan over medium-high heat, combine the oats, almond beverage and vegetable broth and simmer for 5 minutes.
2. Add spinach, cheese, flax seeds and chili powder, then continue cooking for 2 minutes.
3. Divide between two bowls and garnish with edamame and toppings of your choice.



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