

Kefir Oat Bowl



Indulge in a nourishing delight with our Kefir Oat Bowl, a wholesome combination of old-fashioned oats, chia seeds, pumpkin seeds, and vibrant blueberries. Infused with the goodness of kefir, this delectable bowl not only boasts a low sugar content but also serves as a rich source of fiber, promoting optimal gut health. Elevate your breakfast routine with a harmonious blend of probiotics and dietary fiber, paving the way for a deliciously nutritious start to your day.

Preparation 10 min

Cooking 5 min

Servings 1

Nutrition Facts (per serving)

Calories 300

Fat 13

Carbohydrates 46

Fibre 9

Protein 9

Sodium 50

Ingredients

- 250 ml (1 cup) water
- 80 ml (? cup) rolled oats
- 2.5 ml (½ tsp) brown sugar

- 15 ml (1 tbsp) chia seeds
- 15 ml (1 tbsp) shredded coconut flakes, unsweetened
- 15 ml (1 tbsp) roasted pumpkin seeds
- 80 ml (? cup) fresh blueberries
- Cinnamon, to taste

Preparation

1. In a small casserole, cook the oats in water for 5-10 minutes until fully cooked. Once cooked, add in the brown sugar, mix and let cool.
2. After the oats have cooled (about 3-5 minutes), put into a bowl and pour in the kefir.
3. Top with the chia seeds, coconut flakes, pumpkin seeds, blueberries, and finish with a sprinkle of cinnamon

Notes

Keeps 3 days in the refrigerator, does not freeze

It is important to let the oats cool before adding the kefir to the oats to preserve the healthy bacteria (probiotics) found in the kefir.



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