





SAVORY OATMEAL

- Cook Time | 4-6 minutes
- Ready in | 10 minutes
- 2 servings

INGREDIENTS

- 1 cup instant oats
- 2 cups milk (of your choice)
- 2 eggs
- 2 teaspoons olive oil
- 1/2 avocado, sliced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

NUTRITION FACTS

Calories: 449 cal
Fat: 27 grams
Protein: 23g
Carbs: 48g
Fiber: 11g
Sodium: 506 milligrams

DIRECTIONS

- 01 Follow cooking directions on oatmeal package, using milk instead of water.
- 02 Heat 2 teaspoons of olive oil in a small non-stick pan over medium heat. Add the eggs and season with salt and pepper. Cover pan and cook the eggs sunny-side up for 2-4 minutes.
- 03 Once oatmeal is done, divide into two bowls and top each with a fried egg and sliced avocado for a savory oatmeal!

1. How much instant oats do we need?

2. How much milk do we need?

3. How many eggs do we need?

4. How much olive oil do we need?
