



















LIVEWORKSHEETS



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?

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2. How much milk do we need?

_____

3. How many eggs do we need?

_____

4. How much olive oil do we need?

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