



Honey Protein Oats with Pear & Pumpkin Seeds

1 serving

15 minutes

Ingredients

- 1/2 cup Oats (rolled)
- 1/16 tsp Sea Salt
- 1 cup Water (divided)
- 1/4 cup Egg Whites
- 1/8 tsp Cinnamon (optional)
- 1 1/2 tps Raw Honey (optional)
- 1/4 Pear (sliced)
- 1 tbsp Pumpkin Seeds

Nutrition

Amount per serving	
Calories	286
Carbs	44g
Fiber	6g
Sugar	13g
Protein	15g
Cholesterol	0mg
Sodium	257mg
Vitamin A	13IU
Vitamin C	2mg
Calcium	60mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 In a small saucepan over medium heat, add the oats, salt, and 3/4 of the water. Bring to a simmer, then reduce the heat slightly and cook for four to five minutes, stirring frequently, until most of the water has been absorbed.
- 2 Add the egg whites, cinnamon (if using), honey (if using), the remaining water, and stir well. Cook, stirring constantly, for one to two minutes until the oats are fully cooked and the mixture is creamy.
- 3 Divide evenly between bowls and top with pears, pumpkin seeds, and a drizzle of honey, if desired. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Top with sliced banana, berries, or a drizzle of nut butter.

Additional Toppings: Chopped nuts, hemp seeds, or shredded coconut.