

Savory Oatmeal

Ingredients:

- ½ cup of rolled oats
- 1 cup water or milk
- 1 egg
- ½ avocado
- ¼ teaspoon red pepper flakes
- ½ chili pepper, chopped
- ½ teaspoon sesame seeds
- ¾ tbsp. nutritional yeast



Directions:

- Boil water, when water boils lower to a steady simmer, place egg(s) & cover with lid. This will take 6-14 minutes depending on desired doneness.
- Begin to simmer oats in water or milk of choice, and add the seasonings.
- When all the liquid is absorbed take off heat, unpeel shelled egg and top the oatmeal with egg and avocado.
- Enjoy!!