



Savory Arugula & Olive Oatmeal

1 serving
15 minutes

Ingredients

1/4 cup Oats (rolled)
1/2 cup Unsweetened Almond Milk
2 tbs Nutritional Yeast
1/4 tsp Extra Virgin Olive Oil
1 Egg
1 1/2 cups Arugula
1 tbsp Pitted Kalamata Olives
Sea Salt And Pepper (to taste)

Nutrition

Amount per serving	
Calories	190
Fat	10g
Carbs	16g
Fiber	3g
Sugar	1g
Protein	10g
Sodium	222mg
Potassium	272mg
Calcium	320mg
Iron	3mg
Phosphorous	198mg

Directions

- 1 Add the oats InstantPot. Cook on high pressure for about 15-20 mins (consider making a large batch). Once cooked through, add the nutritional yeast and stir.
- 2 Meanwhile, in a skillet over medium heat, add the olive oil. Once heated, add the eggs. Cook until the whites are set and the yolk is cooked to your liking. Remove and set aside. In the same pan, add the arugula and cook over low-medium heat, until just wilted, about 1 to 2 minutes.
- 3 Add the oats to a bowl and top with the arugula, olives and egg. Season with sea salt and pepper. Serve and enjoy!

Notes

Leftovers: The egg is best enjoyed the same day. Refrigerate the remaining ingredients in an airtight container for up to three days. For best results, reheat on the stove and make another egg for topping.

More Flavor: Add cinnamon and erythritol sweetener or 1 tbsp maple syrup. May also add chili flakes.

Additional Toppings: Add sliced avocado.

Make it Vegan: Omit the egg and top with scrambled tofu instead.