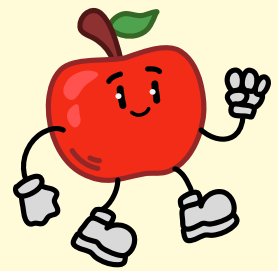


# OATMEAL, NOURISH BREAKFAST BOWL



This recipe offers a couple of options for you to take a **NOURISH** step

## Ingredients

- ¼ CUP OATMEAL
  - ½ CUP 2% MILK
  - 2 OR 1 COOKED EGG
- WITH A SEASONING OF YOUR CHOICE
- ½ CUP OF DICED SPINACH AND TOMATOES
  - 1 TBSP LOW-SODIUM FETA CHEESE
  - 2 TBSP OF HEMP SEEDS (OPTIONAL)
- **YOU CAN CHANGE THIS RECIPE AND ADD YOUR FAVORITE INGREDIENTS!**
  - **TIP: YOU CAN ALSO ADD A LITTLE LESS MILK AND ADD SOME GREEK FOR EXTRA PROTEIN**



PREP  
TIME  
5 MIN



COOK  
TIME  
10 MIN



SERVINGS  
**MAKES 1  
BOWL**

## Instructions

1. Add your oatmeal and milk to a small pot and follow the cooking instructions on the package
2. For a real quick breakfast, you can also use instant oats in the microwave
3. In a frying pan, cook your eggs to your liking
4. After the egg is mostly cooked, add in spinach and cook until spinach is soft and eggs are thoroughly cooked
5. At this point, you can add your toppings (tomatoes, feta cheese, and hemp seeds) and add everything to your oatmeal bowl
6. **TIP: If using Greek yogurt, mix in the yogurt after cooking and before toppings, so the yogurt does not curdle.**

# MATCH THE INGREDIENTS TO ITS HEALTH BENEFITS A NOURISH GAME

## INGREDIENTS:

- OATMEAL
- SPINACH
- TOMATOES
- GREEK YOGURT/  
2% MILK
- HEMP SEEDS
- WHY DO A  
SAVORY  
OATMEAL BOWL
- FETA CHEESE

## HEALTH BENEFITS

- **NUTRIENT-RICH FOODS:** Good sources of vitamin A & C for immune support and eye health
- **OMEGA-3s & HEALTHY FATS:** Rich in plant-based omega-3s and 6s for heart and brain health
- **UNDERSTAND:** Its soluble fiber helps lower cholesterol and manage diabetes
- **RECIPES & MEAL IDEAS:** Adds extra calcium to your meals for bone strength
- **INCREASE PROTEIN & FIBER:** Provides protein for muscle maintenance & growth
- **HYDRATE:** Offers potassium to support fluid balance and hydration
- **SUGAR & SODIUM AWARENESS:** Doing a savory bowl can help us lower our sugar intake throughout the day

SEE ANSWERS ON THE NEXT  
PAGE

# ANSWERS



## INGREDIENTS:

- **OATMEAL**
- **SPINACH**
- **TOMATOES**
- **GREEK YOGURT/  
2% MILK**
- **HEMP SEEDS**
- **SAVORY  
OATMEAL BOWL**
- **FETA CHEESE**

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