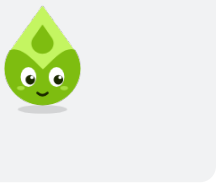
Breakfast

Warm Comforting Bowl of Oatmeal

A simple, soothing bowl of tender cooked oatmeal, ready to enjoy as a warm start to the day.

2 min	160	28 g	0 g
time	calories	carbs	sugars



Vegan | Dairy free | Nut free

Ingredients, 1 serving

- [ ] 1 cup oatmeal (cooked)

Method

- [ ] 1 Spoon the cooked oatmeal into a serving bowl.
- [ ] 2 Stir the oatmeal well to smooth out any lumps.
- [ ] 3 Serve the oatmeal warm straight away.

Nutrition Facts

Per serving

Calories	**160**
Total fat	2.5 g
Saturated fat	0 g
Sodium	10 mg
Total carbs	28 g
Fiber	0 g
Total sugars	0 g
Protein	7 g

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