

SNEAKY CAULIFLOWER OATMEAL



DIFFICULTY

EASY



TIME

5 MIN



SERVES

1

INGREDIENTS

1/2 cup Rolled Oats
1/2 cup Frozen Riced Cauliflower
3/4 cup Almond or Coconut Milk
1/2 tsp. Cinnamon
1/2 tsp Vanilla Extract
A pinch of Salt

DIRECTIONS

1. Combine all ingredients in a small saucepot
2. Cook over low heat for about 2-3 minutes
3. Top with fruit, chia seeds, nuts and/or toasted coconut

NUTRITION FACTS PER SERVING

Calories: 192 Fat: 3g Carbohydrates: 34g Fiber: 9g Sugar: 4g Protein: 7g



CALIFORNIA SCHOOLS
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