

Apple Crisp Oats



COURSE

Breakfast, Snack



SERVINGS

7 serving

CALORIES

441 kcal

INGREDIENTS

- 1 peeled and chopped green apple
- sprinkle of cinnamon
- 1 stevia packet
- 2 Tbsp water
- $\frac{1}{3}$ c edamame puffs, crushed for soy-free, use pea protein puffs
- $\frac{1}{4}$ c oats
- $\frac{1}{8}$ tsp cinnamon
- dash nutmeg
- 2 stevia packets
- pinch salt
- $\frac{1}{2}$ Tbsp cold Earth Balance
- 4 Tbsp soy milk
- $\frac{1}{4}$ c cold vanilla soy yogurt

INSTRUCTIONS

1. In a microwave safe dish, place your chopped apple, a sprinkle of cinnamon, 1 packet of stevia and 2 Tbsp of water. Microwave for 2 minutes until apples are soft.
2. In a separate bowl, mix your crushed edamame puffs, oats, cinnamon, nutmeg, 2 packets of stevia, a pinch of salt.
3. Cut in $\frac{1}{2}$ Tbsp cold Earth Balance and 4 Tbsp soy milk.
4. Top the apples with the oat mixture and microwave for another 90 seconds to 2 minutes.
5. Top with $\frac{1}{4}$ c cold vanilla soy yogurt.

NUTRITION

Nutrition Facts

Apple Crisp Oats

Amount Per Serving (1 serving)

Calories	441	Calories from Fat	99
		% Daily Value*	
Fat	11g	17%	
Carbohydrates	57g	19%	
Protein	28g	56%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!