

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
- 1/3 c edamame puffs, crushed for soy-free, use pea protein puffs
- 1/4 c oats
- 1/8 tsp cinnamon
- dash nutmeg
- 2 stevia packets
- pinch salt
- 1/2 Tbsp cold Earth Balance
- 4 Tbsp soy milk
- 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 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 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!