

Superfood Oatmeal (THM E)

Single Serve

Ingredients:

- 1/8 - 1/4 c. old fashioned oats
- 1/8 - 1/4 c. quick cook steel cut oats
- 1 doonk THM Pure Stevia
- 1/2 - 1 tsp. ground flaxseed
- 1 - 2 tsp. whole husk psyllium flakes
- 1 tsp. baobab powder
- 1 tsp. THM Creamy Dreamy Hemp Protein (optional)
- 1/4 c. frozen cauliflower rice
- 1/4 c. egg whites (boxed is best)
- 1 1/4 - 2 1/2 c. water
- 1/2 - 1 tsp. gelatin
- Sprinkle of mineral salt
- Sprinkle of THM Gentle Sweet

Optional Flavors and Toppings:

- Peanut Butter Banana: Add 2 Tbsp. Peanut Flour to pot, top bowl with 1/2 chopped banana + drizzle of Peanut Butter.
- [Apple Pie](#)
- [Peaches and Cream](#)
- Blueberry: pour 1/4 c. frozen Wild Blueberries in the bottom of your bowl, top with the oatmeal.
- Strawberries and Cream: Top with sliced frozen strawberries + splash of Vanilla NutPods. Place a plate on top of oatmeal bowl for 5 minutes to melt the strawberries.

Instructions:

Combine oats, stevia, flaxseed, psyllium flakes, baobab, Hemp Protein (if using), and any optional dry flavorings. Mix well.

Add in cauliflower rice, egg whites, and water. Stir until well combined.

Place on stovetop on medium heat. Once boiling, add in the gelatin and stir well.

Pour into a bowl and top with any optional toppings, sprinkle of mineral salt, and THM Gentle Sweet.

NOTES:

The larger measurements listed will make a HUGE bowl of oats. Sometimes my metabolism needs more and sometimes it needs to the smaller, more manageable bowl. Just see what your body needs!