

Cauliflower Oatmeal



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Ingredients

1/3 cup riced cauliflower
1/3 cup water or unsweetened almond milk
1 pkg vanilla cranberry oatmeal
cinnamon

The added veg really makes this breakfast hearty. It is filling and no one will suspect it has cauliflower in it.

Instructions

Microwave cauliflower in a larger bowl or tupperware with 1 to 2 tablespoons of the water or almond milk for 1 minute. * use a larger bowl to avoid overflow.

If the cauliflower is not soft enough after 1 minute, microwave for another minute.

Add the softened cauliflower, the rest of the liquid and the oatmeal to your breakfast bowl. Microwave for 30 seconds. Let sit until cool enough to eat. Sprinkle with cinnamon.

Enjoy.



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