

Oatmeal, Chia, Berries & Protein

½	gallon	water	10	Tbsp	almonds, sliced
½	tsp	salt	2½	cups	blueberries
3 1/3	cups	steel-cut oats, gluten-free, Bob's Red Mill	SERVE ON SIDE:		
			20	slices	turkey bacon
10	Tbsp	chia seeds, Bob's Red Mill	10	links	turkey sausage



Procedure

- 1 Make oatmeal according to box directions.
- 2 Portion 1 cup per person into bowls.

Top with the following per portion:

- 1 1 Tbsp. chia seeds
- 2 1 Tbsp. sliced almonds
- 3 ¼ cup berries
- 4 Serve with choice of 2 slices turkey bacon or 2 oz. turkey sausage.

Servings: 10

Nutrition Facts

Serving size: 1/10 of a recipe.

Amount Per Serving	
Calories	
	% Daily Value
Total Fat 13g	20%
Sodium 132mg	6%
Total Carbohydrates 37g	12%
Fiber 9.5g	38%
Protein 22g	44%

Recipe Type

Breakfast