

FROM THE KITCHEN OF
LYNN SALMON-EASTER, REIKI MASTER

Savory Oatmeal Bowl

INGREDIENTS

- 1/2 cup oatmeal cooked (preferably rolled oats or steel cut oats)
- 2 eggs cooked any style
- 1-2 Tablespoons butter
- 1-2 strips of bacon or 1-2 sausage patties or links
- 1/2 -1 cup of vegetables or toppings of your choice. Anything goes, but here are a few suggestions:
scallions, garlic, green beans, spinach, green or red peppers
- Salt and pepper to taste

METHOD

1. Cook oatmeal as directed on the package. If you plan to eat several savory bowls in a week, cook a generous amount of oatmeal and reheat when needed.
2. Add 1 T. butter to oatmeal after cooked
3. Cook or reheat bacon and/or sausage
4. Cook your eggs any style you prefer in the bacon or sausage drippings
5. Sauté veggies in 1 T. of butter or use leftover vegetables from a previous meal and reheat



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