

# SAVORY OATMEAL WITH BOK CHOY

## INGREDIENTS

- 1 cup oats: old fashioned or steel-cut
- 2 cups water
- 1 clove garlic
- 1 tbsp ginger root, grated
- 2 cups greens like spinach, kale, or Bok Choy, cut into 1 inch pieces
- 1-2 cups additional vegetables (optional)
- 1 tbsp aminos or tamari
- 1 tbsp miso paste

## DIRECTIONS

1. In a saucepan, combine the oatmeal and water and cook until done, 1-2 minutes for old-fashioned, 20 min for steel-cut
2. In a sauté pan, combine the greens, vegetables if using, garlic, ginger and aminos over medium heat and cook for 3 min + until tender. Add water if needed to prevent sticking.
3. Add the oatmeal to the vegetables and turn off heat.
4. Stir in the miso paste until combined and serve!
5. To thin out and make even smoother, slowly add 2-3 tablespoons of water from can into food processor while it is running. Taste for seasonings and adjust.
6. Serve open-faced on toasted bagel with olives and cherry tomatoes for a hearty, healthy, fun breakfast!

