

## [SAVORY OATMEAL RECIPE](#)



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We rounded up some of the most delicious savory oatmeal dishes from healthy Instagrammers to inspire you get creative with your next dinner.

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### **Savory Oatmeal Recipes Shape Magazine**

1. Combine oatmeal, stock, oregano, and pepper in a saucepan and cook over medium heat for 5 minutes, stirring occasionally. 2. Heat 1/2 tablespoon oil in a pan over low heat. Add garlic, olives, and sun-dried tomatoes and saute about 3 minutes, until tender. 3. Top oatmeal with vegetable mixture, add feta, and drizzle with remaining oil.

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### **5 Savory Oatmeal Bowl Recipes Food Network Healthy**

Stir constantly until golden, then remove from heat and crush half of them with the back of a spoon or with a rolling pin. Using the same skillet, saute sliced mushrooms in olive oil over medium heat until golden and beginning to brown. Season with salt and pepper, and top oatmeal.

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### **Rethinking Oatmeal 7 Savory Morning Recipes Kitchn**

For many people, fall is the beginning of oatmeal season

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### **5 Savory Oatmeal Recipes for Breakfast that you must try**

These recipes are a favorite and you will be amazed at how versatile a bag of instant oats can be. These recipes take under 15 minutes to make and each one of them is completely different in taste so that breakfast is never boring again. Mexican Oatmeal Bowl. This Mexican oatmeal bowl is the healthier version of a Mexican breakfast bowl.

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### **Savory Oatmeal with Bone Broth Easy Recipe GF The**

This savory oatmeal is best made with bone broth. It's packed full of nutrients and a healthy breakfast. Use store bought broth for a quick and

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### **Savory Oatmeal Recipe with Tempeh and Turmeric**

Try my Peanut Butter Banana Blueberry Oatmeal or Peanut Butter Chocolate Oatmeal. For more vegan breakfast ideas, check out my list of Easy Healthy Vegan Breakfast Recipes. Recipe Nutritional Details. This recipe serves 1 person and comes in at 585 calories with 66 grams of carbohydrates, 28 grams of healthy fats and 30 grams of whole food plant-based protein.

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### **Golden Savory Oatmeal Gluten Free Vegan From My Bowl**

I'm not a big fan of sweet breakfasts so I've been trying savory oatmeal recipes lately and this one is delicious!

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