

# KJ's Cheesy Creamy Oats

THM-Friendly: E

## Oats:

- 1/2 cup old-fashioned oats, dry
- 1 cup water
- 1 cup chicken broth
- 2 pinches of mineral salt
- 2 Tbsp. nutritional yeast
- 1 Tbsp parmesan cheese, from the green can
- 1 wedge of Light Laughing Cow cheese
- 2 Tbsp. Creamy Dreamy Plant Protein

## Toppings:

- 1 small summer squash
- 1/2 cup cherry tomatoes
- any other veggies you like
- 1 cup water
- 1/2 tsp. fresh garlic
- 1/4 tsp. onion powder
- 1 cup chicken broth



Simmer the oats with 1 cup water and 1 cup chicken broth for 5 minutes or until cooked to your favorite oat texture. Add mineral salt, nutritional yeast, parmesan cheese, laughing cow wedge, and protein powder.

In a separate pan cook down the cherry tomatoes and summer squash in water and seasonings until tender. When done add chicken broth and heat through.

Pour brothy veggies over warm oats.

enJOY!

