

**SAVORY PROTEIN OATS**

This oatmeal gets savory flavor and added protein from turkey bacon and parmesan cheese. You can use regular or gluten-free oats depending on your lifestyle diet preference

🕒 5 minutes

🕒 15 minutes

🍴 1 portion

INGREDIENTS

- 3/4 cup, dry, oats, [376 g]
- 1.5 cups of water
- 2 slices of bacon, turkey, [20 g]
- 3 tbsps of cheese, parmesan, [15 g]
- 1 dash of spices, pepper, black [0 g]

COOKING METHOD

- 1° Prepare oats according to package directions with water.
- 2° Cook turkey bacon until very crisp.
- 3° Stir Parmesan into cooked oatmeal.
- 4° Sprinkle with bacon crumbles and season with pepper to taste.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (766 g)	% DRI
ENERGY	44 kcal	340 kcal	17 %
FAT	1 g	11 g	18 %
FATTY ACIDS, TOTAL SATURATED	0 g	4 g	19 %
CHOLESTEROL	4 mg	30 mg	10 %
SODIUM	83 mg	637 mg	27 %
CARBOHYDRATE	6 g	44 g	15 %
SUGARS	0 g	2 g	—
FIBER	1 g	6 g	26 %
PROTEIN	2 g	15 g	—