

Strawberry Banana Egg White Oatmeal - Doing a blood sugar balance makeover on the classic carb heavy breakfast by increasing healthy fats and protein - all while hitting the spot!

Ingredients

- ½ cup gluten free, sprouted oats
- ¼ - ½ cup egg whites
- ½ banana, sliced or mashed
- ½-1 tsp cinnamon
- 1 cup water, milk or both
- 1 scoop collagen (optional)
- Pinch of sea salt

Garnish: coconut flakes, nut butter, banana/strawberry slices, milk, yogurt, chia seeds (up to you!)

Directions

1. To a medium pot, add oats, banana, cinnamon, sea salt and water/milk and stir to combine. Heat over medium-high heat for 5-7 minutes and stir constantly until liquid has absorbed. *I like to use a potato masher to mash the bananas in the mixture for a more consistent texture. Slices or pre-mashed works fine too.
2. Add egg whites and collagen into the oats and stir/whisk constantly. This will keep the egg whites from scrambling and will create a thick, fluffy consistency instead. Cook for about 1-2 minutes.
3. Once the liquid is absorbed into the oatmeal, transfer to a bowl and add your favorite toppings.

Notes

- Bananas were used as a natural sweetener but you can sub for another natural sweetener like pure maple syrup or honey or completely omit if need to.
- As said in the post, you can use 1-2 whole eggs instead of using only egg whites (completely up to you!)