



## Chai Spice Oatmeal

### Ingredients

- 1/3 cup rolled oats
- 2/3 cup water
- 1/2 cup liquid egg whites
- 1 TBSP maple syrup
- 1/2 tsp cinnamon
- 1/2 tsp star anise
- 1/2 tsp clove
- 1/2 tsp sea salt

### Directions:

1. Add oats and water to a pot over medium heat, stirring occasionally for about 5 minutes
2. When the mixture start to bubble, pour in liquid egg whites, stirring constantly
3. Lower heat and allow to cook
4. Add in spices and sweetener; Mix to combine
5. Pour mixture into a bowl; Serve and enjoy!

Cost: \$ \$

Ease:



**Health Benefit:** Oats are a great source of whole grains for energy. Cinnamon has a positive impact on blood sugar levels. Egg whites are a great source of lean protein.

Equipment  
Small pot

Fare  Meals  
by Arielle