

Egg White Oatmeal with Blueberries

submitted by caitfair



Per serving: 209 Calories • 38.9g Carbs (7.3g Fiber) • 1.8g Fat • 12.4g Protein

Ingredients

Ingredients scaled to: 1 serving

3/4 cup **Water** (178 grams)

1/3 cup **Rolled oats** (26.4 grams)

1/3 cup **Egg white** (80.2 grams)

1 cup, unthawed **Blueberries, frozen** (155 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Add 3/4 cup water to 1/3 cup oats. Microwave for 2 1/2 minutes.
2. Add egg whites. Microwave for another minute. Add blueberries. Stir to combine. Enjoy!