



Recipe Details

Recipe Name - Oat Groat Porridge

Recipe Steps -

Ingredients

- 1 1/2 cups oat groats
- 2 1/2 cups frozen kale and spinach (or frozen greens of your choice)
- 1 cup frozen sweet corn
- 3 1/2 water - 2 tsp Onion powder
- 2 tsp Garlic powder
- 2 Tbsp Nutritional yeast
- 1 tsp Nacho Spice Nutritional yeast
- 3 Tbsp Better than bouillon no chicken or low sodium veggie
- 1 tsp of Everything but the salt
- 1/4 tsp Turmeric (optional)

Instructions

1. Place all ingredients in a medium pot
2. Bring to a slow boil, cover, and let simmer on low for 20 to 25 minutes
3. Enjoy!



