

Coconut Oatmeal



Makes:

2 servings

Utensil:

1 Qt./9 L Sauce Pan with Cover

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Recipe:

Contributed By:

Isis Israel

Authorized Saladmaster® Dealer

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1⅓ cups
water

(320
mL)

¼ teaspoon
cinnamon

(1.25
mL)

⅓ cup
shredded coconut

(27
g)

¼ teaspoon
vanilla extract

(1.25
mL)

¼ teaspoon
salt

(1.25
mL)

1 tablespoon
maple syrup

(15
mL)

1 cup
old fashioned oatmeal (not quick)
(156
g)

Directions:

1. Add water, cinnamon, coconut, vanilla, salt and maple syrup in sauce pan on medium-high.
2. When Vapo-Valve™ clicks, stir in oatmeal. Cover, turn heat down to medium-low and cook for 5 minutes.
3. Serve warm and drizzle with additional maple syrup. If desired, top with bananas and toasted pecans.

Nutritional Information per

▼ Serving

Calories: 236

Total Fat: 7g

Saturated Fat: 4g

Cholesterol: 0mg

Sodium: 300mg

Total 36g

Carbs:

Dietary Fiber: 5g

Sugar: 8g

Protein: 7g