

## Coconut Oatmeal



### Makes:

2 servings

### Utensil:

1 Qt./9 L Sauce Pan with Cover

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### Contributed By:

Isis Israel

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1 ?<sup>3</sup>

cups

water

(320

mL)

1 ?<sup>4</sup>

teaspoon

cinnamon

(1.25

mL)

1 ?<sup>3</sup>

cup

shredded coconut

(27

g)

1 ?<sup>4</sup>

teaspoon

vanilla extract

(1.25

mL)

1 ?<sup>4</sup>

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 Carbs:**

36g

**Dietary Fiber:**

5g

**Sugar:**

8g

**Protein:**

7g