

"Zucchini Bread" Oatmeal

Ingredients:

- 2 cups rolled oats
- 2 cups unsweetened almond milk
- 3 small zucchini, grated
- 2 apples with peel, grated
- ¾ cup raisins
- 1 cup walnuts, chopped
- 1 tsp. cinnamon
- 1 Tbsp. grated ginger
- ¼ tsp. salt



Servings: 8



*VEGAN



*CONTAINS
NUTS



*GLUTEN-FREE

Instructions:

1. Preheat oven to 325°.
2. In a large bowl, combine the zucchini, apples, cinnamon and ginger.
3. Let sit for 5-15 minutes for flavors to meld.
4. Spray a 9 x 13" baking pan with cooking spray.
5. Add oats, almond milk, raisins, and walnuts to the zucchini mix.
6. Stir to combine well. Transfer to the prepared baking pan and bake for 30-35 minutes, until set.
7. Cut into 8 equal servings and serve for breakfast topped with 1 tsp. honey or maple syrup (optional).
8. Store extra in refrigerator-safe containers for a ready-made breakfast every day.

Nutrition Facts

8 servings per container

Serving size 1 Cup (163g)

Amount per serving

Calories **270**

% Daily Value*

Total Fat 12g 15%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 36g 13%

Dietary Fiber 5g 18%

Total Sugars 16g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 1mcg 6%

Calcium 161mg 10%

Iron 2mg 10%

Potassium 325mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.