

Chicken Teriyaki Oatmeal

THM-Friendly: E

Ingredients:

- 1/3 cup steel-cut oats (or any oats you prefer)
- 1 cup chicken broth (plus up to 1 1/2 cups more)
- optional: a handful of chopped onions
- teriyaki coconut aminos
- 1/2 can of canned chicken or 1/2 cup of cooked chicken
- 1 cup fresh or frozen broccoli
- optional: 1 scoop (1/4 cup) THM Creamy Dreamy



Instructions:

In a medium saucepan, put oats, chicken broth, and onions. Cook until done...about twenty minutes. Other types of oats will take less time. You may need to add more broth to the pan if the oats are sticking before they are fully cooked. While the oats are cooking, cut up the broccoli into small pieces and steam/drain.

Put oats in a large bowl. Stir in the Creamy Dreamy (if using). Heat the chicken in the pan with a touch of the teriyaki coconut aminos, just long enough to warm it through. Lay the warmed chicken on top of the oatmeal. Next, add the broccoli on top. Drizzle lightly with teriyaki coconut aminos. You can sprinkle with a couple of cashews for a touch of fat.

*If you don't have teriyaki coconut aminos, you can make your own with Braggs or coconut aminos by adding some ginger, onion powder, garlic powder, and cayenne to taste.

enJOY!

