

Strawberry Rhubarb Oatmeal

THM-Friendly: E

- 1/3 cup steel-cut oats (or oatmeal of your choice)
- 1 cup water (may need to add a little more)

Mix in a small saucepan. Bring to a boil and then simmer for about 10 minutes (more or less, depending on which kind of oatmeal you chose).

In another pan, add:

- one stalk of fresh rhubarb, cut into small pieces
- 2 Tbsp. water

Put a cover on the pan and steam the rhubarb until softened.

Then add:

- 3 large strawberries, diced
- 1 tsp. lemon juice
- 2-3 tsp. Super Sweet (to taste)

Stir and heat through.

When your oatmeal is done cooking, add:

- 1 Tbsp. Swerve Brown

Cook for a couple more minutes. Take off the heat and add:

- 3 Tbsp. Creamy Dreamy (or other THM whey)

Stir well. Pour the oatmeal into a large bowl. You can stir some of the rhubarb mixture into the oatmeal and/or you can spoon some over the top. (You will have some rhubarb sauce left to happy-ize another meal.) You can pour almond milk creamer or half and half over your oatmeal for a little added fat.

enJOY!

