



Frugal -Cinnamon Pecan Cauli Oats



Serving: 1



Cook Time: 8 mins



Level: Easy



INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup riced cauliflower
- 1/2 Tbsp butter
- 1/4 tsp cinnamon
- 1/8 tsp salt
- 1/2 cup milk
- 1/4 cup water
- 1 Tbsp brown sugar
- 1 Tbsp chopped pecans

PREPARATION

1. Microwave Instructions:
2. Combine the rolled oats, riced cauliflower, butter, cinnamon, salt, milk, and water in a bowl. Stir to combine.
3. Microwave for 3 minutes, stirring every minute or as often as needed to avoid the oats from boiling over (you'll need to stir more often toward the end).
4. Stir in the brown sugar and pecans just before serving.
5. Stove Top Instructions:
6. Combine the riced cauliflower, butter, cinnamon, salt, milk, and water in a small sauce pot. Stir to combine.
7. Place a lid on top and bring the pot up to a gentle boil over medium heat, stirring occasionally.
8. Once boiling, add the rolled oats and stir to combine. Turn the heat down to low and let the oats simmer for three minutes, stirring occasionally. After three minutes, turn the heat off and allow the oats to rest for 2-3 minutes.

PREPARATION (CONT.)

9. Top the oats with brown sugar and chopped pecans just before serving.