



Fruity Oats breakfast

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 5 minutes

Ingredients

oats (15-40 gram)

fruit 40 gram

(could be frozen)

plant-based milk

cinnamon

plant-based yogurt

Equipment

microwave

bowl and spoon

Preparation



Add the oats, and frozen fruit in a bowl, if the fruit isn't frozen don't add it yet.

Shake or whisk the milk and add it. PRO TIP: don't use too much milk, you can always add after microwaving. Pour milk until the oats are under "water".

Put the bowl in the microwave for 1 to 2 minutes.

(Add the fruit)

Add the cinnamon and leave it for a minute.

Stir well and add the yogurt.

Bon appetit!

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