



Transform Your Breakfast with This Savory Oatmeal Bowl Recipe

Table of Contents



- 1. Wake Up with a Twist: Easy and Delicious Savory Oatmeal Bowl
 - 1.1. Ingredients for the Savory Oatmeal Bowl
 - 1.2. How to Make the Savory Oatmeal Bowl
 - 1.3. Serving and Storage Tips
 - 1.4. Nutrition Facts and Healthy Swaps
 - 1.4.1. Approximate Nutritional Value
 - 1.4.2. Ready for a Breakfast Makeover?

Wake Up with a Twist: Easy and Delicious Savory Oatmeal Bowl

Savory oatmeal bowl lovers, this one's for you! Start your day with a delicious twist on classic oats by trying this hearty and nourishing recipe. Packed with wholesome ingredients like creamy oats, fresh veggies, and a perfectly cooked egg, this breakfast is both comforting and satisfying. It's quick to make, full of flavor, and keeps you energized all morning long. Whether you're tired of sweet breakfasts or just want something nourishing and different, this savory oatmeal bowl is the perfect way to fuel your day. Give it a try and enjoy a healthy, tasty start!

Ingredients for the Savory Oatmeal Bowl

1. cup of rolled oats – the creamy base for the bowl.
2. 2 cups of water or broth – to cook the oats and add flavor.
3. 1 large egg – fried or poached, for protein and richness.
4. 1 cup of fresh spinach – sautéed lightly for a healthy green touch.
5. Half an avocado – sliced, to add creaminess and healthy fats.
6. 5 to 6 cherry tomatoes – halved, for a burst of freshness and color.
7. A pinch of salt and pepper – to season to your taste.
8. Optional: a sprinkle of chili flakes or shredded cheese – for extra flavor.

How to Make the Savory Oatmeal Bowl

Start by bringing 2 cups of water or broth to a boil in a small pot.

Add 1 cup of rolled oats to the boiling liquid, reduce the heat to low, and let it simmer. Stir occasionally for about 5 to 7 minutes until the oats become soft and creamy.

While the oats are cooking, heat a small pan over medium heat and lightly sauté 1 cup of fresh spinach with a tiny bit of olive oil until wilted. Set aside.

In another pan, cook 1 large egg the way you like it — sunny-side-up, fried, or poached all work great for this dish.

Once the oats are ready, season them with a pinch of salt and pepper to taste.

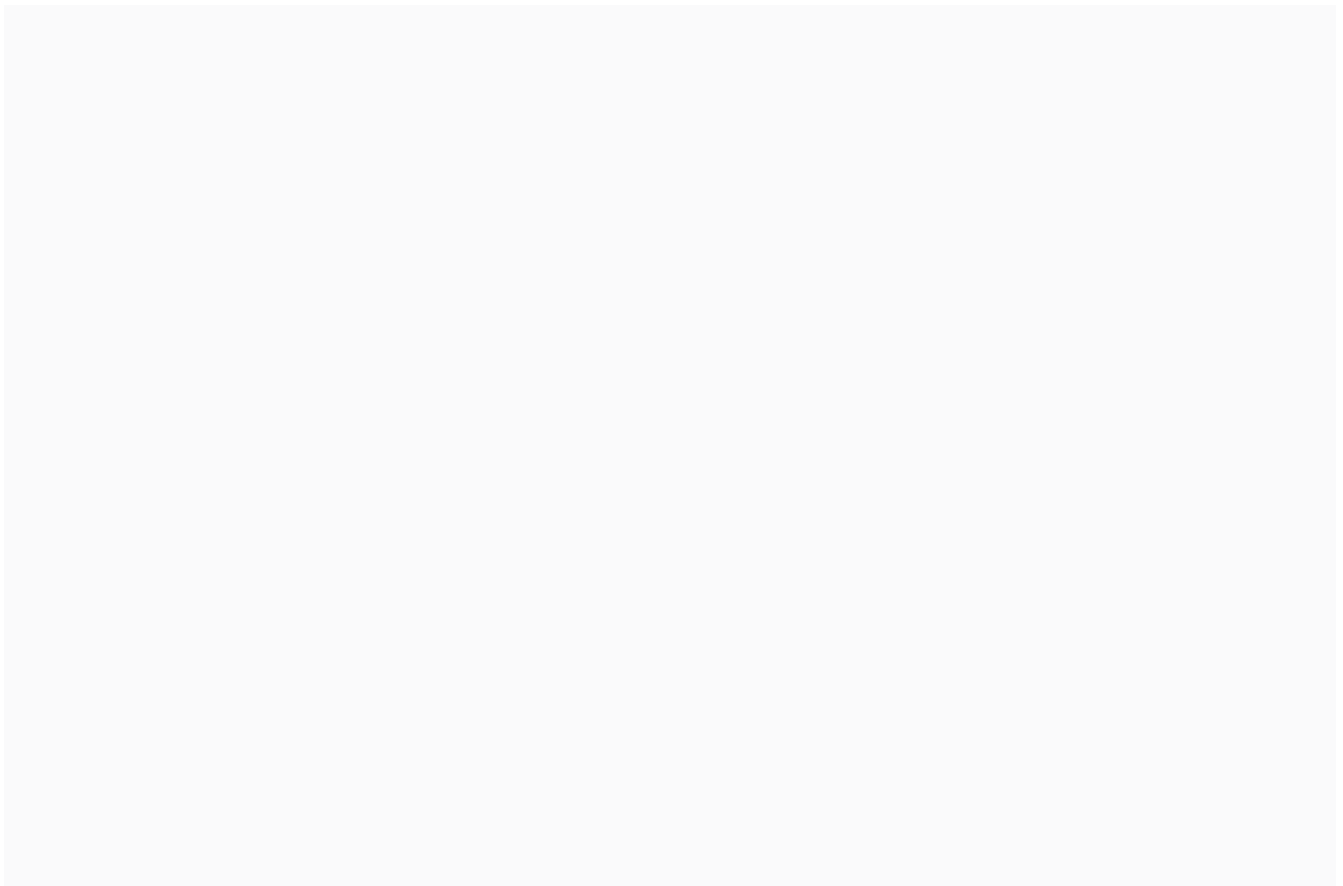
Pour the cooked oats into a bowl, then add the sautéed spinach on one side.

Slice half an avocado and arrange it nicely on top of the oats.

Add 5 to 6 halved cherry tomatoes for a fresh, juicy touch.

Finally, place the cooked egg on top and sprinkle chili flakes or shredded cheese if you like extra flavor.

Serve immediately while warm and enjoy your hearty, healthy savory oatmeal bowl!



Serving and Storage Tips

- Serve your savory oatmeal bowl warm for the best flavor and texture.
- Pair it with a fresh side salad or toasted bread to make a complete meal.
- You can add extra toppings like fresh herbs, hot sauce, or a drizzle of olive oil for more taste.
- To store leftovers, place them in an airtight container and keep in the fridge for up to 2 days.
- Reheat gently on the stove or microwave, adding a splash of water or broth to keep the oats creamy.
- Avoid freezing, as the texture may change when thawed.
- Enjoy your savory oatmeal bowl fresh for the best experience!

Nutrition Facts and Healthy Swaps

- This savory oatmeal bowl is packed with fiber and protein, making it a great way to keep you full and energized all morning.
- Oats provide slow-releasing carbs that help maintain steady blood sugar levels.
- The egg adds a good source of protein and essential vitamins like B12 and D.
- Spinach offers important minerals like iron and calcium, plus antioxidants.
- Avocado brings healthy fats that are good for your heart and skin.
- For a dairy-free option, skip the cheese or use nutritional yeast instead.
- To make it lower in calories, use water instead of broth to cook the oats.
- You can swap spinach for kale or other greens to change the flavor and add more nutrients.
- This bowl is flexible and easy to customize for your taste and health needs!

Approximate Nutritional Value

Nutrient	Amount (per serving)
Calories	350–400 kcal
Protein	13–15 g
Carbohydrates	35–40 g


Nutrient	Amount (per serving)
Dietary Fiber	7–9 g
Total Fat	18–20 g
Saturated Fat	3–4 g
Sugar	2–4 g
Sodium	250–350 mg
Potassium	500–600 mg
Vitamin A	25–30% DV
Vitamin C	15–20% DV
Calcium	8–10% DV
Iron	10–15% DV

For more detailed and reliable recipes, check out the fantastic collection at [Serious Eats](#), where you'll find expertly tested dishes for every occasion.

Ready for a Breakfast Makeover?

If you've been stuck in the sweet oatmeal routine, it's time to shake things up. This savory oatmeal bowl is warm, hearty, and full of flavor — proof that breakfast doesn't have to be boring or sugary to be satisfying. Give it a try and discover just how versatile oats can be. Who knows? You might just fall in love with breakfast all over again. 🌿🔍🌟 Looking for more delicious ideas? Check out our article on [Easy and Healthy Breakfasts to Start Your Day](#) for quick and nutritious recipes that will keep you energized every morning.

📌 Love this recipe? Pin it now and save it for your next Breakfast craving! Follow us on Pinterest [@recifacil](#) for more tasty ideas every week.

Trending now 



Low Carb Keto Recipes for
Breakfast: Start Your Day Right



Easy Brazilian Brigadeiros Recipe
with Only 3 Ingredients



Easy Farofa Recipe



Easy and Healthy Breakfasts to Start
Your Day Right

[ABOUT US](#)

[PRIVACY POLICY](#)

[TERMS & CONDITIONS](#)

[CONTACT](#)

[GDPR](#)



Copyright © 2025 Recifacil.com. All rights reserved.