



## **GREEN OATMEAL**

**SUBMITTED BY: CHRISTINA**

### **Ingredients:**

4 cups water

1 cup Oats

salt and pepper

Local Microgreens

OG Avocado

local Egg

Basil Pesto (homemade with local ingredients)

### **Instructions:**

Boil 4 cups of water; add oats and cook on low for 25-30 mins. Add salt and pepper to taste. Divide into 3 bowls. Meanwhile, cook your egg to preferred method (fried or poached is best). Stir in some homemade basil pesto, lay slices of Avocado on top, cover with egg and garnish with local microgreens. Enjoy!