



## Savory Vegan Oatmeal

If you're like me, you enjoy having a traditional breakfast dish for dinner every once in a while - and you'll love this unique oatmeal recipe, which spices up the old morning standard with veggies and avocado. It's delicious, savory and vegan-friendly - a breakfast/lunch/dinner for all tastes!

### Ingredients

- 1 onion, diced
- 1 tsp olive oil
- 1 cup mushrooms, sliced
- 1 zucchini, sliced
- Salt and pepper to taste
- 1 tbsp Italian herb mix
- 2 cups rolled oats
- 1 ½ cup water
- 1 avocado, diced

### Preparation Process

Add the olive oil to a pan and sauté the mushrooms over medium heat

Once the mushrooms are cooked, stir in the onions and cook until they soften. Stir in the zucchini, let cook for 2-3 more minutes, then sprinkle with salt and cover the pan with a lid

Once the vegetables have cooked to the point where they are soft, spoon over the herb mix, pepper. Stir in the rolled oats and stir thoroughly. Cook until the oats have a toasted texture

Pour in 1 ½ - 2 cups of water slowly, making sure the mixture doesn't become mushy. Cover the pan and let simmer for 2-3 minutes.

When the oatmeal has softened, transfer to a plate, top with the avocado and serve.

If you want to watch the video again. Click [here](#).