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Ricotta and Fig Oatmeal

Add a savory punch to your morning meal with this recipe. Topping the figs with warm oatmeal allows them to bloom, capturing the full flavor of their essential oils. The ricotta cheese adds texture and protein. Yum!

Ingredients:

Quick cooking rolled oats 1/3 cup

Water 1/3 cup

Dried figs 1 oz.

Ricotta cheese 1 tbsp

Stevia 1 tbsp

Directions:

1. Place dried figs in a bowl.
2. Add ricotta cheese.
3. Top with warm oatmeal, and serve.

Nutrition Facts:

Serving size: 1 bowl

Recipe yields: 1 serving

Calories: 242

Fat: 4 g

Carbs: 46 g

Protein: 8 g