

Breakfast

Tropical Oatmeal

2-3 Mins
Prep Time

2-3 Mins
Cook Time

1
Serving

☰ 476 Calories 24g Fat 56g Carbs 11g Protein

Ingredients

👤 1 Serving ⌚ 4-6 Mins Total Time

🚫 Allergens: Gluten, Nuts

½ Cup Rolled Oats 🍷

½ Cup Orange Juice, pulp-free

½ Cup Unsweetened Almond Milk

2 Tbsp Unsweetened, Shredded Coconut

2 Tbsp Dried Cherries 🍷

¼ Cup Walnut Halves 🍷

Salt, to taste

Allergen Swap

Gluten Oats are naturally gluten-free, but for those with celiac disease, look for gluten-free oats.

Nuts Replace the almond milk with cow's milk or a nut-free version; Omit the coconut; Replace the walnuts with sunflower seeds



Nourishment Note

🍷 Oatmeal



Oatmeal is a good source of soluble fiber to help with gut health. It's also a quick-cooking grain which can be easy to prepare when energy levels are low, a symptom that can occur from RA and a side effect from some RA medications.

🍷 Walnuts



Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health and can also help reduce inflammation associated with RA.

🍷 Cherries



Cherries may help reduce pain from arthritis when consumed regularly. They also contain antioxidants to help protect healthy cells from damage.

Instructions

1. Combine Ingredients & Cook

Combine the oats, orange juice and almond milk in a microwave-safe bowl. Cook 2-3 minutes, or according to oat package instructions.

2. Add Remaining Ingredients & Enjoy

Remove from microwave and mix in the remaining ingredients. Enjoy!

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Microwave-Safe Bowl



Spoon

RA Cooking Tips

- This recipe could be assembled overnight and heated in the morning.
- Make a double batch and enjoy for two breakfasts.
- Ask a friend or family member to help prepare this recipe.