

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 Registered Dietitians,
Beth Eggleston and Emily Parsell

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.