



Egg-White Whipped Vanilla Oatmeal

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Add protein to your morning with a light and fluffy bowl of egg white oatmeal. Made with only a few simple ingredients, this recipe for Egg-White Whipped Vanilla Oatmeal is a quick breakfast option that comes highly rated.

Ingredients

- 3/4 Cup(s) [Quaker® Oats-Old Fashioned](#) (Quick or Old Fashioned)
- 1 1/2 Cup(s) Water
- 4 egg whites, beaten with a fork until frothy
- 1/2 Tablespoon(s) salted butter
- 1/2 Teaspoon(s) Pure vanilla extract

Toppings

- 1/3 Cup(s) Greek yogurt
- 1/3 Cup(s) sliced bananas
- 1/3 Cup(s) walnuts
- 1/4 Cup(s) dried cranberries

Cooking Instructions

1. Begin cooking oats as usual on the stove top. After oats have absorbed most of the water, pour in egg whites and vanilla and whip vigorously with a fork until mixture is well blended.
2. Raise the heat to medium and stir in the butter. Continue to cook for 4 more minutes, bringing oats back to a simmer and stirring frequently.
3. When all the water is absorbed and the egg whites have caused the oats to puff and appear creamy, cover the pot and remove from the heat. Let the oats sit, covered, for 5 minutes.

4. Stir oatmeal, add toppings, and enjoy!