

# Savory Oatmeal

## with Spinach and Poached Eggs

A hearty and nutritious savory oatmeal with spinach and poached eggs, enhanced with the flavor of Gunpowder Green tea.

**PREP TIME:** 10 minutes

**COOK TIME:** 15 minutes

1 C rolled oats  
2 C water  
1/2 C brewed Gunpowder Green tea,  
cooled

1 C fresh spinach, chopped  
2 lg eggs  
1/4 C grated Parmesan cheese  
Salt and pepper to taste

**BRING THE WATER** and Gunpowder Green tea to a boil in a saucepan.

**ADD THE OATS** and cook until tender, about 5 minutes.

**STIR IN THE SPINACH** and cook until wilted.

**POACH THE EGGS** in a separate pot of simmering water.

**DIVIDE THE OATMEAL** between two bowls.

**TOP EACH BOWL** with a poached egg and grated Parmesan cheese.

**SEASON WITH SALT** and pepper before serving.