

Japanese Miso Oat Porridge (Japan)

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 1

Ingredients:

- ½ cup oats
- 1½ cups water
- 1 tsp white miso
- Chopped scallions
- Soft-boiled egg (optional)

Instructions:

1. Simmer oats in water over medium heat until tender.
2. Remove from heat and stir in white miso.
3. Top with chopped scallions and a soft-boiled egg if desired.
4. Serve warm and enjoy a comforting, nutrient-dense breakfast.

Nutritional Values (per serving):

- Calories: 190 kcal
- Protein: 7 g
- Carbohydrates: 33 g
- Fiber: 5 g
- Fat: 4 g
- Sugar: 2 g

Health Benefits:

- Combines probiotics from miso for gut health
- Slow-digesting carbs keep energy steady
- Low-calorie, high-fiber breakfast supporting weight management

Pro Tips:

- Stir miso in off the heat to preserve probiotics
- Add a soft-boiled egg for extra protein
- Use chopped scallions or spinach for added nutrients