

Oatmeal for Stress Belly Relief

Prep Time: 3 minutes

Cook Time: 6 minutes

Total Time: 9 minutes

Servings: 1

Ingredients:

- ½ cup rolled oats
- 1 cup unsweetened almond milk
- 1 Tbsp ground flaxseed
- ½ green apple, diced
- ¼ tsp cardamom
- 1 Tbsp chopped walnuts
- Optional: pinch of cinnamon for flavor

Steps:

1. Simmer oats and almond milk over medium heat for 5 minutes.
2. Stir in flaxseed, diced apple, cardamom, and walnuts. Cook for an additional 1 minute.
3. Sprinkle cinnamon on top if desired.
4. Serve warm and enjoy the nutrient-packed breakfast.

Nutrition Highlights:

- Calories: 270 kcal
- Protein: 8 g
- Fiber: 7 g
- Healthy fats: 8 g

Health Benefits:

- Beta-glucan from oats stabilizes blood sugar and supports digestion.
- Flax lignans help modulate estrogen, which can rise with stress.
- Cardamom has antioxidant properties and may boost glutathione, the body's master antioxidant.
- Walnuts provide omega-3 fats to calm inflammation.
- Supports stress belly relief and gentle morning satiety.

Pro Tips:

- Use unsweetened almond milk to keep sugar low.
- Chop apples into small cubes for quicker cooking and even distribution.
- Add a few berries for extra antioxidants and natural sweetness.
- Stir continuously at the end to prevent sticking and create a creamy texture.