

## Gingerbread Oatmeal

Serves 2

### Ingredients

- 1 cup old-fashioned oats
- 1 ¾ cup milk of choice (cow's milk, almond, soy)
- 1/8 teaspoon cloves
- 1/8 teaspoon allspice
- 1teaspoon ginger
- 2 teaspoons cinnamon
- ¼ teaspoon salt
- 1 tablespoon molasses
- Maple syrup (optional – to taste)
- 2 tablespoons vanilla Greek yogurt(optional - topping)
- 1 tablespoonchopped almonds (optional – topping)



Provides 415 calories and 20 grams of protein per serving

### Directions

1. Heat the milk in a medium saucepan over medium heat until a slow boil
2. Add in salt, oats and stir to combine.
3. Add in the remaining ingredients and turn the heat to low.
4. Cook, stirring occasionally for about 7 minutes (or until the oats have absorbed most of the milk).
5. Remove from heat and stir immediately
6. Top with Greek yogurt, almonds and extra cinnamon. Use maple syrup for extra sweetness!

### Nutrition Tips

- Oatmeal is an excellent meal or snack option while going through chemotherapy and radiation. It is quick, and takes minimal effort to prepare, which is helpful when you may be experiencing treatment-induced fatigue.
- Oatmeal has a soft texture, and can be a great breakfast option if you are having difficulty swallowing. Oatmeal can also be refrigerated after preparing to be eaten cold – a great option if you have mouth sores.
- This oatmeal is loaded with strong-flavored spices, so it is an excellent choice if you are experiencing taste changes or lack of taste. Additionally, the ginger added to this recipe may help to combat nausea related to treatment.
- Whole grains, such as oats, contain cancer-fighting phytochemicals called polyphenols, which can help prevent inflammation. These polyphenols also act as antioxidants, which help neutralize and block damage free radical damage to your body, which helps reduce

cancer risk. Additionally, they are rich in both soluble and insoluble fibers, and can be helpful for regulating your bowels.

- If you are losing weight, here are some optional additions that can add extra calories:
  - Mix 1-2 tablespoons of heavy cream into the oatmeal
  - Top with a full-fat Greek yogurt
  - Swirl in 1-2 tablespoons of peanut or almond butter
  - Top with extra nuts, such as pecans, cashews or walnuts

Recipe provided by Marissa Major, MGH Dietetic Intern 2018