



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

# Golden Oatmeal

*This oatmeal gets its golden yellow color from turmeric, which contains the anti-inflammatory, antioxidant compound curcumin.*

<b>YIELD</b> <b>12 SERVINGS</b>	<b>PREP TIME</b> <b>10 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
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## INGREDIENTS

2 cups	Milk, 1% Low-Fat
2 cups	Water
1 cup	Old Fashioned Oats
¼ tsp	Salt
1 tsp	Vanilla Extract
1 tsp	Turmeric, ground
1 tsp	Cinnamon, ground

## CHEF'S NOTES

This oatmeal makes a great base for your favorite toppings. Think about adding ingredients with fiber, protein, and healthy fats like:

- Nuts, seeds, or nut butter
- Fresh or frozen fruit like sliced banana, berries, or diced mango
- Plain yogurt

You could also omit the vanilla and cinnamon and make a savory oatmeal that would be tasty topped with leftover veggies and a hard-boiled egg!

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium saucepot, bring the milk and water to a simmer.
3. Add the oats to the pot and stir to combine, stirring until the mixture comes back to a simmer.
4. Reduce the heat to low, cover the pot and cook for 15 minutes. Turn off the heat and let the oats sit for about 10 minutes.
5. Add the salt, vanilla, turmeric, and cinnamon to the pot. Use water to adjust the consistency of the oatmeal to your liking.
6. Portion 1 cup of the oatmeal into individual containers. To reheat: microwave for 40 seconds, stirring halfway through before topping as desired.

# Nutrition Facts

5 servings per container

**Serving Size** 1 cup oatmeal (210 g)

Amount per serving

**Calories** 110

**% Daily Value \***

**Total Fat 2g** 3%

Saturated Fat 1g 4%

*Trans* Fat 0g

**Cholesterol less than 5 mgmg** 0%

**Sodium 140mg** 6%

**Total Carbohydrate 16g** 6%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein 5g** 11%

Vitamin D 1mcg 6%

Calcium 140mg 11%

Iron 0.92mg 5%

Potassium 200mg 5%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

