



Protein Packed Oatmeal

INGREDIENTS

½ cup old fashioned oats (not instant) A pinch of salt ½ cup milk; dairy, nut or coconut
1 tsp cinnamon Fruit of your choice 1 tsp vanilla extract (optional)
1 scoop protein powder; flavored or unflavored 1-3 tablespoons preferred milk or water

DIRECTIONS

Stovetop Cooking: Boil water or milk. When boiling begins, lower heat and add rolled oats, pinch salt, cinnamon and vanilla. Simmer over medium heat, stirring often until oatmeal reaches the desired texture about 5 minutes.

Microwave Cooking: In a microwaveable bowl combine oats, pinch salt, cinnamon and vanilla. Pour in milk of choice or water and mix the oats. Microwave on high for 60 seconds. Stop, stir and microwave again for 30 seconds. Repeat until oats are soft.

Adding Protein Powder: Add a scoop protein powder to a small bowl. Dissolve powder with little milk or water. Start with one tablespoon and gradually add more liquid while stirring, whisking or blending until it dissolves into a paste. The mixture shouldn't be too thick or too runny. Once dissolved, stir the protein mixture into your oatmeal. Should it get excessively thick, adjust with additional milk until creamy as desired. Add your choice of toppings.

Makes 1 single serving; 380 calories (using 2% milk, ½ apple and whey protein powder)