

RECIPE

Protein Oats

🕒 10 minutes / 1 serving

OATMEAL IS A CLASSIC BREAK-FAST STAPLE because of its fiber content, but this recipe also sneaks in some extra protein to keep you full and support all-day energy. The best part? It's endlessly customizable. Just swap the blueberries for whatever fruit you're craving!

INGREDIENTS

- 1 cup unsweetened fortified almond milk
- ½ cup rolled oats
- 1 scoop whey or pea protein
- 1 tbsp almond butter
- ½ cup blueberries
- ground cinnamon, to taste



INSTRUCTIONS

- 1 COOK** almond milk, oats, and protein powder in a small pot over medium heat until oats are tender, about 5 minutes.
- 2 STIR** in almond butter.
- 3 TOP** with blueberries and a sprinkle of cinnamon.

NUTRITIONAL INFO PER SERVING PLANT-BASED

CALORIES

447

PROTEIN

30 g

FIBER

10 g

NUTRITIONAL INFO PER SERVING USING WHEY

CALORIES

407

PROTEIN

25 g

FIBER

8 g