



Berry Protein Oat Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 hand-sized Rolled Oats Gluten Free
- 240 ml Organic Unsweetened Almond Milk
- 1-2 Scoops Protein Powder (to hit 25g)
- A small handful Blueberries
- A small handful Strawberries
- 1 tsp Chia Seeds
- 1/4 tsp Cinnamon
- 1 tsp Honey

DIRECTIONS

1. Cook the oats according to package directions using almond milk. Once cooked, stir in the protein powder and let the oats cool slightly.
2. Add the oats to a bowl with the berries.
3. Sprinkle the chia seeds and cinnamon on top and drizzle with honey before serving.

AVERAGE NUTRITION INFO

Energy : 1686 kJ / 403 Cal

Fat : 9 g

Carbs : 49 g

Protein : 35 g

Fibre : 9 g

Sugar : 12 g

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