



Protein Oats with Berries



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 hand-sized Rolled Oats
- 240 ml Water
- 1-2 Scoops Protein Powder (to hit 25g)
- A small handful Strawberries
- 1 tbsp Chia Seeds, sprinkled on top

DIRECTIONS

1. In a small saucepan, combine oats with water. Bring to a simmer over medium heat and cook for 4-5 minutes, stirring occasionally, until thickened.
2. Fold in the protein powder into the oats and stir until creamy and well combined. Top with berries and seeds, and serve warm.

AVERAGE NUTRITION INFO

Energy : 1380 kJ / 330 Cal

Fat : 7 g

Carbs : 40 g

Protein : 28 g

Fibre : 9 g

Sugar : 3 g

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