



APPLE CINNAMON PROTEIN OATMEAL

INGREDIENTS

ITEM

Rolled Oats
Unsweetened Almond Milk
Water
Apple, diced
Cinnamon
Vanilla Protein Powder

QUANTITY

½ Cup
½ Cup
½ Cup
½
½ Tsp.
½ Scoop

SERVING SIZE

1

PREPARATION

- ✔ Combine oats, almond milk, and water in a saucepan.
- ✔ Cook according to package directions.
- ✔ Stir in cinnamon and diced apple.
- ✔ Remove from heat and mix in protein powder.
- ✔ Serve warm.