



Oatmeal Meal Replacement Shake

Ingredients:

- 1 cup dry measure oatmeal, cooked in water and cooled
- 2 scoops vanilla protein
- 3 dashes cinnamon
- 1/8 c sugar free maple syrup or equivalent amount brown sugar replacement
- 1 tbsp chopped almonds (or flaxseed oil or natural peanut butter)
- 12 oz water or low-fat milk

Directions:

Add all ingredients to blender, blend, and pour into cup. If you're short on time, just use dry oatmeal or oat flour.

Nutritional Information:

For added ingredients (excludes protein powder & use of milk)

Per Serving:

Calories - 215

Carbs - 33g

Protein - 7g

Fat - 7g

Fiber - 5g