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Blueberry Coconut Oatmeal

Ingredients

- 1 banana
- 1/3 cup dry oats
- 2 tsp. Splenda brown sugar blend
- Sprinkle of cinnamon
- 1/4 cup fresh blueberries
- 1/8 cup dried blueberries
- 1/2 scoop vanilla protein powder
- 1/8 cup milk
- 2 tbsp. unsweetened coconut flakes



Directions

1. Mash up the banana, and then add oats, brown sugar, cinnamon, blueberries, and coconut flakes.
2. Stir in milk, adding slowly while stirring and add protein powder; stir one more time.
3. Serve immediately.

Nutritional Facts (makes 4 servings):

Calories: 289.5

Carbs: 49 g

Fat: 4.5 g

Protein: 15 g