



## Anabolic Muscle Bowl

### Ingredients

- 6 egg whites
- 1/2 cup instant oatmeal, cooked
- 1/2 banana
- 1/8 cup walnuts
- 1/4 cup raspberries
- Cinnamon
- Stevia or raw organic honey



### Directions

1. Cook egg whites in a skillet on low heat.
2. If you want to cook your banana, spray another skillet with coconut oil or virgin olive oil and set on low-medium heat. Chop half of the banana into pieces and add to the skillet. Use a spatula and be careful not to let the banana pieces stick to the skillet.
3. Combine oatmeal and egg whites in a bowl and mix.
4. Add cinnamon and Stevia (or raw honey) and mix.
5. Top with banana, raspberries, and walnuts.

### Nutrition Facts

Calories: 447

Fat: 16 g

Carbs: 48 g

Protein: 31 g