



Mexican Mocha-Meal

Ingredients

- 1/2 cup rolled oats
- 1 scoop chocolate protein powder
- 1 tbsp unsweetened cocoa powder
- 1/2 tbsp cinnamon
- 1/2 tsp cayenne pepper
- 1 cup unsweetened almond milk



Directions

1. Combine ingredients in a microwave-safe bowl.
2. Heat in microwave for 2 1/2 to 3 minutes.

Nutritional Facts

Recipe serves 1

Calories: 404

Fat: 11 g

Carbs: 46.3 g

Protein: 35.3 g