

CINNAMON OATMEAL & EGGS

When life is busy, simple is always better. Start with clean, basic foods like eggs and oatmeal. Create variety with healthy condiments and spices like hot sauce and cinnamon.



INGREDIENTS

- 3 Large Omega-3 Eggs
- 150g Egg Whites
- 40g Oatmeal, Uncooked (*1 use Quaker Old Fashioned Oatmeal.*)
- Cinnamon to Taste

INSTRUCTIONS

- Step 1 ///**
Combine eggs and egg whites, and scramble on stovetop.
- Step 2 ///**
Prepare oatmeal according to package directions.
- Step 3 ///**
Sprinkle oatmeal with cinnamon.

NUTRITION FACTS	Quantity/g	Protein	Carbs	Fats	Calories
EGG OMEGA 3 LARGE	3	21	1.5	15	225
EGG WHITES ONLY	150	16.2	0.6	0.6	73
OATMEAL, QUAKER OLD FASHIONED	40	5	27	3	155
▶ TOTAL		42	29	19	453

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