

NUTS ABOUT PROTEIN

Almonds on their own are a great snack, full of protein and good fats. Throw them into this shake to help feed your muscles while you sleep.



INGREDIENTS

- 350g Egg Whites
- 40g Oatmeal, Uncooked (*1 use Quaker Old Fashioned Oatmeal.*)
- 30g Raw Almonds
- 16 Oz Unsweetened Almond Milk

INSTRUCTIONS

Blend all ingredients in a blender to desired consistency. Drink up!

NUTRITION FACTS	Quantity/g	Protein	Carbs	Fats	Calories
EGG WHITES ONLY	350	37.8	1.4	1.4	169
OATMEAL, QUAKER OLD FASHIONED	40	5	27	3	155
ALMONDS	30	6.4	5.9	15.2	186
▶ TOTAL		49	34	20	511