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Perfect Muscle-Building Breakfast: Cranberry-Almond Oatmeal

Ingredients:

3/4 cup rolled oats
3 tablespoons dried cranberries (unsweetened)
4 tablespoons sliced almonds
1 1/2 scoops vanilla protein powder
1 cup water

Directions:

1. Combine water, oats, and cranberries in a bowl.
2. Microwave for 1-2 minutes.
3. Stir and let sit for one minute.
4. Mix in protein powder and almonds.