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High Protein Oatmeal

Prep time: 5 min. Cook time: 0 min.

Serving size: 1 bowl

Recipe yields 1 serving

Ingredients

¼ cup almonds, slivered

1 tbsp cinnamon

1 scoop BPI Sports Whey-HD, vanilla caramel

2 instant oatmeal packets

Directions

1. Pour two packets of instant oatmeal into a bowl.
2. Mix with one scoop of Whey-HD Vanilla Caramel protein powder. Add cinnamon.
3. Add hot water and mix to the consistency you prefer.
4. Top with crushed almonds.