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### **Kaged Muscle Healthy Protein Cream of Rice Recipe**

Prep Time: 5 min. Cook Time: 1 min.

Makes 1 serving

#### **Ingredients**

1 scoop Kaged Muscle MicroPure Whey Protein Isolate, Coffee Latte

1 cup water

42g Rice and Grinds, or other cream of rice cereal

#### **Directions**

1. In a pot, bring 1 cup of water to a boil.
2. Slowly add rice cereal and stir until blended well.
3. Reduce heat to low and leave rice uncovered to simmer for 30 seconds, stirring constantly to reach desired consistency. Remove from heat and let stand for 1 minute.
4. Place protein powder in a large bowl. Pour rice cereal over protein and stir until smooth.