Anna Sward's Orange and Vanilla Protein Oatmeal

Ingredients:
1/4 cup oats (gluten-free or regular)
1/2 cup coconut or almond milk
1/4 cup vanilla whey protein powder
1 tbsp orange zest
1 tsp vanilla extract
1 scoop vanilla protein ice cream

Directions:
1. In a nonstick pot, bring your milk and oats to a boil. Allow it to simmer for 3-5 minutes until you get a thick and "porridgy" consistency.
2. Remove oatmeal from the heat and let it cool before adding the rest of the ingredients. Add the whey after you cook the oats, or it will curdle.
3. If you like your oatmeal thicker, add a bit less milk. If you like your oats runnier, add a bit more milk.
4. For a dessert-like treat, top with your favorite protein ice cream. You can use either a store-bought one, or make your own version.