



## **Anna Sward's Peanut Butter Cup Protein Oatmeal**

### **Ingredients:**

- 1/4 cup oats
- 1/4 cup vanilla whey protein powder
- 1/2 cup milk
- 1 chopped peanut butter cup

### **Directions:**

1. In a nonstick pot, bring your milk and oats to a boil. Then simmer for 3-5 minutes until you get a thick and "porridgy" consistency.
2. Remove the oatmeal from the heat and let it cool a bit before mixing in your whey.
3. Chop up a homemade peanut butter protein cup and throw that into your oats. The chocolate around it will start to melt and you'll be left with an absolutely gorgeous peanut butter punch of POW! Check out my recipe for making your own healthy, protein-packed take on a Reese's!