



Proats

Ingredients

Quick-cook oats 1 cup
Protein powder 1 scoop
Strawberries (or other fruit), sliced 1 cup
Water 1 cup

Directions

1. Add oats, strawberries, and water to a microwave-safe bowl.
2. Heat on high for 2 minutes.
3. Add protein powder, stir, and enjoy!

Nutrition Facts

Serving size: 1 bowl
Recipe yields 1 serving

Calories 480

Fat 8 g

Carbs 70 g

Protein 36 g