



**BODYBUILDING.COM™**

## **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!