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Ready-On-The-Spot Oatmeal

When you know you need to eat but just don't have an appetite, the last thing you feel like doing is cooking a full meal. So why not rummage through the fridge and pantry for a combination of staples you probably have on hand, then measure, mix, and enjoy?

Prep Time: 5 min. Cook Time: 0 min.

Ingredients

1 cup old-fashioned oats
1 cup low-fat Greek yogurt (plain)
1 scoop chocolate protein powder
1 large banana
4 tbsp peanut butter
3 tbsp flax seeds

Directions

1. Combine oats, Greek yogurt, and whey protein in a large bowl. Mix until incorporated. Add a drizzle of water if necessary to help moisturize all the powder.
2. Slice large banana into quarter-sized pieces.
3. Add banana and peanut butter to the oat mixture and mix.
4. Garnish with flax seeds and eat the whole darn thing!

Serving Size: 1 bowl

Makes 1 serving