



Dave's Chocolate Cheat Recipe

Ingredients

¾ cup oatmeal
8 egg whites
½ scoop of chocolate protein powder
2 tsp of pure cocoa powder
1 tsp splenda
1 tbsp flax oil
1 cup of frozen blueberries
¼ cup of water

Directions:

In a big bowl, mix all ingredients except the frozen blueberries.

Next, cook the oatmeal in the microwave for 3–4 minutes, depending on the power of your microwave. (Be sure to mix after 2 minutes of cooking.)

Once finished, add the frozen blueberries, stir and enjoy!