



Granola Bowl Recipe

Ingredients

- ½ cup of raw oats
- 2 tablespoons of slivered almonds
- 1 tablespoon of pumpkin seeds
- 2 tablespoons of dried cranberries
- ½ scoop of vanilla protein powder
- ½ cup of skim milk
- ½ cup of fresh berries (optional)

Directions

Place the raw oats in a bowl and top them with the slivered almonds, pumpkin seeds, dried cranberries and vanilla protein powder. Pour a half cup of skim milk over the top and sprinkle a few optional fresh berries on top.