



## **Protein With Oats**

- *Protein with Oats*
  - *½ cup dry oats*
  - *1 scoop protein powder*
  - *1 scoop of water*
  - *Sweetener*

Just place ½ cup of dry oats into a container along with your favorite form of sweetener, add one scoop of your protein powder, pour in one scoop of water, mix it up, and voilà!

Use more or less water depending on your preferred consistency, but this recipe will form a pudding-like consistency, combining healthy carbs and quality protein in an incredibly convenient snack.

For added healthy fats and great taste, add flaxseeds or natural peanut butter.