



Dave's Anabolic Blueberry Oatmeal

(Directly from Dave Ruel's Anabolic Cooking)

Makes 1 Serving

Ingredients

- 3/4 cup oatmeal
- 8 Egg Whites
- 1/2 scoop (15g) of Chocolate Protein Powder
- 2 teaspoons of Pure Cocoa Powder
- 1 teaspoon of Splenda
- 1 tbsp of Flax Oil
- 1 cup of frozen Blueberries
- 1/4 cup of water

Directions

1. In a big bowl, mix all ingredients (except for frozen blueberries).
2. Cook in a microwave for about 3-4 minutes (cooking time vary from one microwave to another).
3. Stir after 2 minutes of cooking so the mix doesn't stick or get chunky.
4. Once the mix is cooked, add the frozen blueberries and enjoy!

Nutritional Facts

(Per Serving)

- Calories: 580
- Protein: 52g
- Carbohydrates: 57g
- Fat: 16g