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## **Protein Powder & Oatmeal**

### **Ingredients**

- 1 serving Oatmeal
- 1 scoop protein powder

### **Directions**

1. Cook through to your preferred method.
2. Add protein after cooking.

Note: However that you may wish to add a little more water before cooking as the protein powder will act as a thickener. Other additions that you can add to increase the taste and nutrient profile are peanut butter, chopped or frozen fruit and milk.