Weight Loss Protein Oatmeal

Ingredients
• 1/2 cup of oatmeal (quick or steel-cut)
• 1 scoop Weight Loss Whey Vanilla Graham Cracker (or other flavor of your choice)
• 1 cup hot water (adjust depending on thickness of oatmeal)
• Optional toppings: 1 tbsp almonds or 1/4 cup blueberries

Directions
1. Cook oatmeal according to package directions.
3. Add water until desired texture is achieved. Top with fruit and/or nuts.

(Optional ingredients not included in nutrition facts.)

Nutrition Facts
Serving Size: 1 cup
Servings: 1
Calories: 273
Fat: 5 g
Carbs: 30 g
Sugar: 2 g
Protein: 27 g