



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.
2. Mix in protein.
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