



## Egg Whites and Oatmeal Shake

### Ingredients

- 2 cups instant oats
- 1 pint egg whites

### Instructions

Dump both ingredients into a blender and mix it on high for 1 minute, or until oats are liquefied. Optionally, you can flavor it beforehand with a dash of cinnamon, a packet or two of Stevia, peanut butter, or Jamie Eason's new Signature Series Peanut Protein.

### Nutrition Facts

Calories: 825

Protein: 65 g

Total Fat: 12 g

Total Carbs: 117 g

