

## **Meal Prep Oatmeal: Protein Powder Oatmeal**

Prep Time: 5 minutes, Cook Time: 10 minutes

Servings: 1 bowl-

Nutritional information| Calories: 325kcal;

Carbohydrates: 49g Protein: 23g Fat: 5g Sodium: 206mg Fiber: 13g Sugar: 11g

### **Ingredients**

- 1/2 cup old fashioned rolled oats- can also substitute steel cut oats
- 1 cup low fat milk, or dairy free alternative—(Cow's Milk adds more protein)
- 1 TBSP stevia to sweeten
- 1 whole fruit—I used fresh Dried apple—(Chopped into small pieces, baked @ 250 for 1.5 hours)
- 1/2 teaspoon cinnamon + 1/2 teaspoon vanilla, optional
- 1 Teaspoon chia seed, (can also add flaxseed)
- 1 scoop protein powder- (I used Cornerstone wellness Protein powder)
- Your favorite toppings: like slivered almonds or light cool whip or peanut butter, and fruit



### **Instructions**

1. Add oats, fruit of choice, and stevia to a pot. Add milk of choice, and stir to combine.
2. Add cinnamon and vanilla, if using.
3. Heat over medium-high heat for 8-10 minutes or until all the liquid has been absorbed. Be sure to stir the oats several times while cooking to make sure the fruit slices melt into the oats.
  - a. You'll know the oatmeal is done when all the liquid is absorbed and the oats are thick and fluffy.
4. Remove oats from the heat and stir in protein powder. If the consistency of the oats gets too thick, add in a little more water or milk. Transfer oats to a bowl and top with your favorite oatmeal toppings.

**FLIP OVER FOR OTHER WAYS TO PREP OATMEAL**

# HOW TO ADD PROTEIN TO OATMEAL

## Egg White Oatmeal

Nutrition\ Serving: 1 Calories: 238kcal Carbohydrates: 44g Protein: 12g Fat: 3g Fiber: 6g Sugar: 8g

Servings: 1

## Ingredients

- ½ cup old fashioned oats
- ½ banana, sliced (optional)\*
- ½ teaspoon cinnamon
- pinch of sea salt
- 1 cup water, milk or a blend of both
- ¼ cup egg whites\*

## Instructions

1. Add oats, banana slices, cinnamon and sea salt to a pot. Add water/milk and stir to combine. Heat over medium-high heat for 6-7 minutes or until all the liquid has been absorbed. Be sure to stir the oats several times while cooking to make sure the banana slices melt into the oats.
2. Add egg whites into the oats and stir/whisk constantly. Stirring will keep the egg whites from cooking/scrambling and they will turn into a thick, fluffy consistency instead. This should take 1-2 minutes.
3. Once all the liquid is absorbed and the oatmeal is cooked through, place in a bowl and add your favorite toppings. I used peanut butter, granola, coconut and freeze-dried raspberries.



**Note:** You don't have to cook the oats with a banana, but I like the sweetness it adds. Instead of the banana you could add another natural sweetener to sweeten the oats. Some options: maple syrup, honey, coconut sugar or even stevia.

You can use 1 or 2 whole eggs instead of the egg whites if you prefer.

**To SUBSTITUTE Greek Yogurt:** Swap the Greek yogurt for eggs; follow the same recipe. After you Remove oats from the heat and stir in Greek yogurt. Start with 1/4 cup and add more if you'd like.

**To SUBSTITUTE COTTAGE CHEESE:** Swap the cottage cheese for eggs; follow the same recipe. After you Remove oats from the heat and stir in cottage cheese. Start with 1/4 cup and add more if you'd like.