



Breakfast

Berry Delicious Oats



Ingredients:

- ½ cup rolled oats
- 1 cup water
- 2 egg whites
- 1/3 scoop whey (vegan: Garden of Life) vanilla protein
- 1 drop vanilla extract
- ¼ teaspoon cinnamon
- 1 tsp chia seeds
- ¼ cup berries
- Sprinkle with 1 Tablespoon unsweetened shredded coconut & 4 hazelnuts

Directions:

1. Bring water to a boil then add oats, cinnamon, chia seeds and vanilla extract.
2. Whisk eggs until foamy
3. Once oats have absorbed most of the water, add egg whites and whisk through for one minute
4. Fold in berries
5. Top with coconut & 4 hazelnuts

Nutrition Information:

Without coconut and hazelnut topping: 278 calories, 25 grams protein, 37 grams carbs, 4 grams fat

With coconut and hazelnut topping: 366 calories, 26 grams protein, 40 grams carbs, 13 grams fat