

# Quick High Protein Oatmeal

Makes 5 servings

*Do ahead:*

½ cup oats

1 scoop protein powder

½ tsp cinnamon

Put all in blender and blend for 15 – 20 seconds.

*When ready to eat:*

2 tbsp oat mixture

3-4 tbsp Fairlife milk or milk of your choice

Microwave for 30 seconds. Stir. Enjoy!

Nutrition analysis (based on average protein powder and addition of 4 Tablespoons of Fairlife milk): 73 kcal, 12 g protein, 9 g carbohydrate, 0 g fat

Mercy Dietitians