

# Protein-Packed Oatmeal

Serves: 2 (approx: 1/2 cup each)

## Ingredients

---

### Base

- 1 cup dry old fashioned oats
- 2 cups water (or 1/2 cup water, 1/2 cup unsweetened vanilla almond milk)
- 1/2 ts ground cinnamon
- 2 tsp chia seeds

## Directions

---

- Add a pinch of salt and cinnamon to the liquid and bring to a boil.
- Add dry oats and stir occasionally.
- Halfway through the cooking, add the chia seeds and continue stirring until water is absorbed.

### Additional Protein Options

- Per serving, add 1/2 serving of your favorite vanilla protein powder
- Just before the oatmeal is finished cooking, add 1 cup of liquid egg whites and continue stirring until it's cooked through.

## Notes

---

To serve: add 1 tbs sliced raw almonds, and/or a palm-full of your favorite berries. You can also serve alongside 2 or 3 Applegate Farms turkey sausage.



NUTRITIONAL INFORMATION (per serving) | Calories 170

NUTRITIONAL INFORMATION (per serving) with Sausage  
Calories 370 | Total Fat 14.3g | Carbohydrates 39.1g | Protein 25.9g

NUTRITIONAL INFORMATION (per serving) with egg whites and vanilla protein powder  
Calories 360 | Total Fat 10.9g | Carbohydrates 38.4g | Protein 28.6g

