

# OATMEAL WITH BLUEBERRIES, WALNUTS & HONEY



## Ingredients

- 1/2 cup rolled oats
- 1/2 cup water
- 1/2 cup almond milk
- 1 small banana
- 1/4 cup blueberries
- 1/2 teaspoon vanilla
- 1 scoop whey protein powder
- 1 tablespoon chopped walnuts

## Directions

1. Add oats, water, milk, protein powder and 1/2 the banana thinly sliced into a saucepan then turn heat to medium.
2. Cook until oats begin to bubble then stir until oats are cooked and creamy, about 3 minutes. Remove pan from heat then stir in vanilla.
3. Pour into a bowl then top with remaining 1/2 sliced banana, blueberries, and walnuts.

**PREPARATION: 5MIN**

**COOKING TIME: 3MIN**

**SERVES 1-2 PEOPLE**

