

Banana Nut Protein Oatmeal

Instructions

1. Slice one half of the banana and set aside.
2. Mash the other half of the banana with a fork and place it into a small pot with oats, protein shake, and egg whites. Mix well.
3. Cook over medium-low heat, stirring, until the mixture comes to a boil. Once it boils, continue cooking for 2–3 minutes.
4. Pour into a bowl and top with remaining banana, chopped walnuts, and maple syrup.

Ingredients

- 1 medium-sized, ripe banana, halved
- 1/3 cup quick oats
- 2/3 cup liquid vanilla protein shake
- 3 tablespoons egg whites
- 1/2 teaspoon maple syrup
- 7–8 chopped walnuts

Grocery List

Canned Goods/Grocery

- Oats
- Vanilla protein shake (in pharmacy section)
- Maple syrup
- Walnuts

Dairy

- Egg whites (you can buy these in a carton)

Produce

- Banana