

Banana Nut Protein Oatmeal

Cooking Instructions

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

Recipe

- 1 medium, ripe banana, halved
- 1/3 cup quick oats
- 2/3 cup liquid vanilla protein shake
- 3 tablespoons egg whites
- ½ teaspoon maple syrup
- 7-8 Chopped walnuts

Grocery List (add optional toppings to list as desired)

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