

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 the 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
- $\frac{1}{3}$ cup quick oats
- $\frac{2}{3}$ cup liquid vanilla protein shake
- 3 tbsp egg whites
- $\frac{1}{2}$ tsp 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