



## Growing Proatmeal



Entire recipe (about 2 cups): 255 calories, 7g total fat (1g sat. fat), 538mg sodium, 32.5g carbs, 5.5g fiber, 2g sugars, 17.5g protein

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**Prep:** 5 minutes   **Cook:** 20 minutes

**Cool:** 15 minutes



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### Ingredients

1 1/4 cups unsweetened vanilla almond milk  
3 tbsp. vanilla protein powder  
1/2 cup old-fashioned oats  
1/4 tsp. vanilla extract  
1/4 tsp. cinnamon  
1/8 tsp. salt  
Optional: 1-2 natural no-calorie sweetener packets  
Optional toppings: fresh fruit, chopped nuts

### Directions

In a nonstick pot, combine milk, protein powder, and 1 1/4 cups cold water. Whisk thoroughly until protein powder has fully dissolved.

Add all remaining ingredients. Mix well.

Bring to a boil, and then reduce to a simmer. Stirring frequently, cook until creamy and thickened, about 20 minutes.

Transfer to a bowl or jar, and let cool completely. The longer it sits, the thicker it will get!

Mix thoroughly before serving. Sweeten to taste. Tastes great hot or chilled.

**MAKES 1 SERVING**

**HG FYIs:** We tested this recipe with whey protein powder, but feel free to experiment with your protein powder of choice! Not all oats are certified gluten free. Check the labels if that is a concern.

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