

Vanilla Oat Bran with Dates and Almonds



Serves
1 person

Prep Time

Cooking

Total Time

Calories

328 kcal

Stuff that's in it:

- 25G Pitted Dates (Chopped)
- 40G Oat Bran
- 20G Vanilla Whey Protein Powder
- 5G Toasted Flakes Almonds
- 200ml Water
- Splash Almond Coconut Milk (Or Whatever You Like)
- 15G Blueberries

What you do:

Mix the protein powder and oat bran in a pan, heat and add the water slowly, stirring constantly, bring to a thick creamy bubble then add the milk and stir through, pour into a bowl and add your toppings.

Nutrition

- Carbs: 38g
- Fat: 6g
- Protein: 26g

