

Berry Chocolate Protein Oats



Serves	Prep Time	Cooking	Total Time	Calories
1 person				298 kcal

Stuff that's in it:

- 40G Oat Bran ((Or Oats))
- 25G Chocolate Protein Powder ((Any They Are Just About All The Same, It'S Taste Preference! Isolate Is The Best Quality))
- 25Ml Alpro Almond Milk
- Water To Loosen (Around 150Ml Or More)
- 30G Berries
- 7G Melted Dark Chocolate

What you do:

In a pan mix your powders, add water and make a loose paste. Heat slowly in a small pan until thick, add milk to loosen again.

Melt choc in microwave.

Add to a bowl, add berries, drizzle over chocolate.

Nutrition

- Carbs: 28g
- Fat: 7g

- Protein: 25g

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