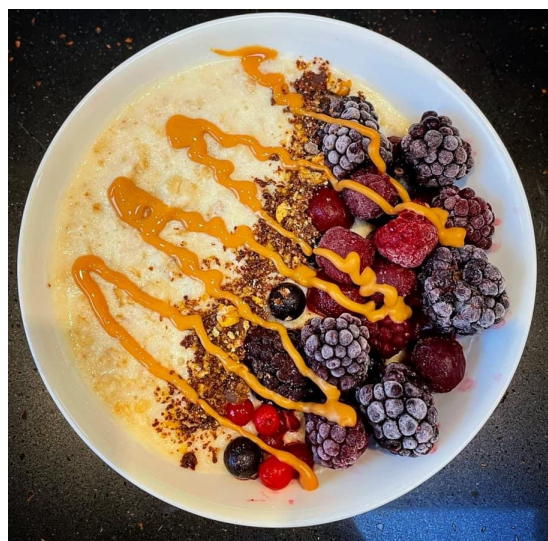




# Peanut butter berry bowl



Serves	Prep Time	Cooking	Total Time	Calories
<b>1 person</b>				<b>353 kcal</b>

**Stuff that's in it:**

- 50G Rolled Oats
- 20G Vanilla Whey
- 100G Frozen Mixed Fruit
- 300Ml Water
- 5G Peanut Butter (There'S Double On The Pic As It Came Out Too Fast)
- Grated Dark Chocolate

**What you do:**

Mix your whey and oats in a pan, add water, whisk, heat and stir until thick.

Add to a bowl. Melt your peanut butter.

Chuck your berries on, grate your choccy.

Spoon over your peanut butter.

And eat!

**Nutrition**

- Carbs: 39g
- Fat: 8g
- Protein: 26g

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