

Peanut butter berry bowl



Serves
1 person

Prep Time

Cooking

Total Time

Calories
353 kcal

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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