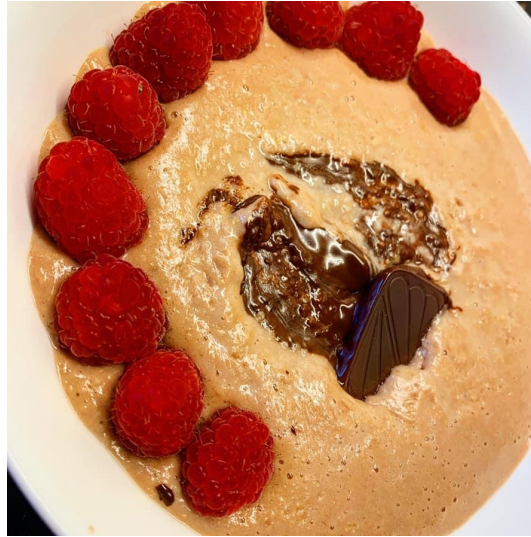


Choccy Protein Oats



| Serves | Prep Time | Cooking | Total Time | Calories |
|-----------------|-----------|---------|------------|-----------------|
| 1 person | | | | 297 kcal |

Stuff that's in it:

- 25G Chocolate Protein Powder
 - 40G Oat Bran
 - 200Ml Water
 - 25Ml Almond Milk
- 1 Square Dark Swiss Chocolate
 - 25G Fresh Raspberries

What you do:

In a saucepan add 40g oat bran and 25g protein powder (I used ultra whey protein from Tesco) add the water and stir until it comes to the boil, reduce the heat and add the milk and stir until thick and creamy.

Pour into a bowl and add the chocolate and raspberries.

Nutrition

- Carbs: 27g
 - Fat: 8g
- Protein: 25g
 - Fibre: 10g

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