

Vanilla Oat Bran with Fruity Syrup



Serves	Prep Time	Cooking	Total Time	Calories
1 person				279 kcal

Stuff that's in it:

- 200Ml Water
- 40G Oat Bran
- 20G Vanilla Whey Protein
 - Splash Coconut Milk
 - Sprinkle Flax Seeds
 - 2 Strawberries (Sliced)
- Sweet Freedom Fruit Syrup

What you do:

Nutrition

• Protein: 25g

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