

Creamy Chocolate Oats with Chocolate and



| Serves | Prep Time | Cooking | Total Time | Calories |
|-----------------|-----------|---------|------------|-----------------|
| 1 person | | | | 360 kcal |

Stuff that's in it:

- 25G Chocolate Protein Powder
- 40G Oat Bran
- 7G Raw Hazelnuts (Chopped)
- 12G Milk Chocolate Chips
- 200Ml Water
- Splash Of Nut Milk ((Optional))

What you do:

Mix your protein powder and oat bran, add to a pan, add the water and stir as you do, gently stir and bring to a simmer, add a soaked. Of nut milk, pour into a bowl and add your toppings.

Nutrition

- Carbs: 28g
- Fat: 14g
- Protein: 26g

