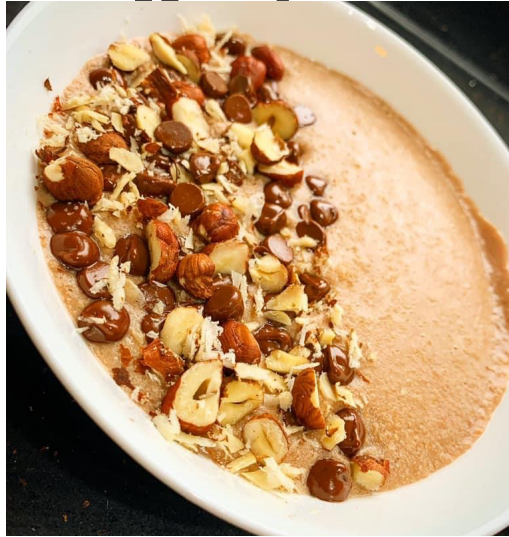


## Creamy Chocolate Oats with Chocolate and



Serves	Prep Time	Cooking	Total Time	Calories
<b>1 person</b>				<b>360 kcal</b>

### 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

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