

Protein Porridge with Pear and Cinnamon



Serves	Prep Time	Cooking	Total Time	Calories
1 person				293 kcal

Stuff that's in it:

- 1 Scoop Vanilla Whey Protein Powder
- 85Ml Almond Milk ((Unsweetened))
 - 27G Ready Brek
- 1 Pear (Ripened And Chopped Into Cubes)
 - Sprinkle Of Cinnamon
 - 90Ml Water

What you do:

Pop your whey and ready break into a bowl, mix in the milk with a fork, then mix in the water and whisk.

Pop into the microwave for around 2 minutes , stirring half way through.

Add the pear and cinnamon.

Enjoy.

Nutrition

- Carbs: 30g
- Fat: 4g

• Protein: 30g

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