

## Nut Butter Vanilla Oatbran with Chia and Hemp



Serves	Prep Time	Cooking	Total Time	Calories	
1 person				kcal	

## Stuff that's in it:

- 40G Oat Bran
- 20G Vanilla Protein Whey Powder
  - 200Ml Water
- Splash Of Nut Milk (Unsweetened)
  - 8G Meridian Almond Butter
    - 1/2 Tsp Chia Seeds
    - ½ Tsp Hemp Seeds

## What you do:

Mix together your whey protein and oatbran in a pan, add your water and whisk, heat and stir until thick, adding the nut butter as you do, finish with a splash of milk and a stir and pour into a bowl. Too with your seeds and enjoy.

## **Nutrition**

• Carbs: 21g

• Fat: 10g

• Protein: 28g

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