



Protien Oats On The Go

★★★★★

Prep Time: 0 **Cook Time:** 3 mins **Total Time:** 3 **Difficulty:** Easy **Servings:** 1 **Source:** Laura's Go To

INGREDIENTS

1 Packet of Oats & Flax (TJ's)
1 Serving Protein Powder (PE Science any flavor)

* Extras: Top oats with 1 Tsp Chia Seeds, Cinnamon, spirulina, cacao powder, or berries!

NUTRITION

1 Serving = 275 calories; 30g protein

(3) Stir in protein powder

Add any of the extra superfood toppings...
Done!

NOTES

Instead of 1 Scoop of PE Science protein, you can also use 6 Ounces of 0% Greek yogurt by FAGE.

DESCRIPTION

Super quick and easy to pack! If I don't have time to make breakfast, I take a packet of TJS flax oats and a ziplock baggie with protein powder to work with me.

I "borrow" cup of HOT water from the coffee shop next door and cook my oats in the hot cup of water for 3 mins.

Stir in protein powder of choice, sprinkle with the extras and BAM! Delicious breakfast check.

DIRECTIONS

- (1) 5 ounces HOT Water
- (2) Add oats. Let sit with cover for 3 minutes