



ATHLETE

## Ingredients

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- 80g Oats
- 15g PB2
- 1 Scoop Vanilla Protein powder  
(Optional)
- 1 tbsp Stevia
- 1 tsp Cinnamon
- 1 Diced Apple
- 2 tbsp low calorie syrup

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*Serving: 1 bowl*  
*Calories: 351 kcal*  
*Carbohydrates: 50g*  
*Protein: 22g*  
*Fat: 7g*

## Apple Cinnamon Protein Oatmeal



2 servings



5 minutes



Bennett Looper

## Instructions

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1. Mix all dry ingredients (except cinnamon) together
2. Mix Water (1:2 ; oat:water ratio)
3. Heat in microwave for 2-2.5 minutes
4. While it is heating, dice your apple.
5. Top with Cinnamon and Syrup

Note: the type/brand of protein powder will effect the macros