

High Protein Breakfast Power Bowl

Ingredients

- 1¹/₂ cup unsweetened almond milk
- 1 cup rolled oats
- 1 tbsp vanilla protein powder
- 1 tbsp chia seeds
- 1/2 cup of water
- Topping:
 - 1/4 cup Greek yogurt
 - 1/4 cup fresh blueberries
 - 1/4 cup fresh raspberries
 - 1 tbsp dried cranberries
 - 2 tbsp walnuts
 - 1 tsp sunflower seeds
 - 1 tsp maple syrup

Instructions

1. Heat up a saucepan to medium-high. Add almond milk, oats, protein powder, chia seeds, and water.
2. Bring it to boil, then reduce the heat and let it simmer for 3-5 minutes until the oats are fully cooked. Make sure you don't burn them.
3. Add in your oatmeal into a bowl and top with yogurt, berries, walnuts, and sunflower seeds. Finally, drizzle with maple syrup.

https://allnutritious.com/breakfast-power-bowl/?fbclid=IwAR3RBhLbXuernrkpMd8xetfrk_UZv-N4O99UUGrVGg_kYmJavOpf-vyzW_!