



INVICTUS
SPORTS PERFORMANCE & FITNESS



THE PERFORMANCE REPLENISHER

(VANILLA OATMEAL CINNAMON)

465 Calories | 52g Protein | 45g Carbs | 10g Fat

INGREDIENTS

- 1.5 scoops (approx. 45g) vanilla whey protein
- 1 cup whole milk (or high-protein dairy-free alternative)
- ⅓ cup rolled oats (dry)
- ¼ cup plain Greek yogurt (non-fat)
- ½ tsp cinnamon
- 1 tsp raw honey
- ½ cup ice

DIRECTIONS

1. Place the dry rolled oats in the blender and pulse a few times to grind them into a finer powder (this improves the final texture).
2. Add the milk, Greek yogurt, and honey.
3. Add the protein powder, cinnamon, and ice.
4. Blend on high for at least 45 seconds to ensure the oats are fully incorporated.