



The Performance Replenisher (Vanilla Oatmeal Cinnamon)

Macros: 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)
- 1/3 cup rolled oats (dry)
- 1/4 cup plain Greek yogurt (non-fat)
- 1/2 tsp cinnamon
- 1 tsp raw honey
- 1/2 cup ice

Directions

- 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).
- Add the milk, Greek yogurt, and honey.
- Add the protein powder, cinnamon, and ice.
- Blend on high for at least 45 seconds to ensure the oats are fully incorporated.