



# Cinnamon Apple Protein Oats

**MAKES 1 SERVING**

## INGREDIENTS

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 scoop vanilla protein powder
- 1/4 cup diced apple (Honeycrisp)
- 1 tbsp ground flaxseed
- 1 tbsp sliced almonds
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 2-3 drops liquid stevia (optional)
- Pinch sea salt

## DIRECTIONS

- Combine oats, almond milk, protein powder, flaxseed, cinnamon, cardamom, stevia, and salt in a jar or bowl.
- Fold in diced apple.
- Cover and refrigerate overnight.
- In the morning, stir well and top with sliced almonds.
- Serve cold or microwave 1-2 minutes for warm oats.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

**CALORIES**  
330-360  
kcal

**PROTEIN**  
22-25  
grams

**CARBS**  
38-41  
grams

**FIBER**  
8-10  
grams

**FAT**  
10-13  
grams