

Protein Porridge

Serves 2

2 cups (480ml) almond milk, unsweetened
1 cup (80g) oats
1 scoop (25g) vanilla whey
1 banana, sliced
¼ cup (30g) walnuts, chopped

What you need to do

1. In a small pot, bring the almond milk to the boil. Stir in the oats and cooked over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined.
2. Divide the porridge between 2 serving bowls and top with the sliced banana and walnuts. Serve immediately.



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	7 mins	375	15	44	19

*Nutrition per serving