

Blueberry Protein Oatmeal



Coach Karah makes this for any meal; it has a great balance of macronutrients and is super-tasty!

Ingredients:

1c water
14g rolled oats (2T)
6g buckwheat (1 scant T)
3g flax seeds (1t)
3g chia seeds (1t)
8g chopped walnuts (1T)
1c frozen blueberries
2 scoops protein powder (Karah uses Naked Protein brand)
Dash of cinnamon, if desired
Vanilla or almond extract, if desired

Directions: (total cooking time is about 10 mins)

1. In a medium saucepan, bring 1c water to a boil.
2. Add the first 6 ingredients. Turn heat down to medium/low and simmer with the lid on, stirring occasionally for a few minutes.
3. Once it has thickened but there is still some water left, add blueberries and stir. Bring back up to simmer and stir occasionally for a few more minutes.
4. Stir in a shake of cinnamon and/or vanilla or almond extract.
5. Turn off heat and stir in protein powder. (This thickens it, too.)
6. Let cool slightly and enjoy!

Tips:

- Add-ins/substitutions include: bananas, other berries, almonds or other nuts, other seeds of choice.
- If you don't have buckwheat, just add another tablespoon of oats.