

PROTEIN-PACKED OATMEAL

Rolled oats with fruit, seeds, and chocolate

 5 minutes 1 portion

INGREDIENTS

- 1/2 cup of oats [78 g]
- 1/3 cups, thawed of blueberries, frozen, unsweetened [51 g]
- 1/3 cups, thawed of raspberries, frozen, red, unsweetened [46 g]
- 1/3 cups, thawed of blackberries, frozen, unsweetened [50 g]
- 2.01 tbsps of seeds, hemp seed, hulled [20 g]
- 1 oz of seeds, chia seeds, dried [28 g]
- 1 oz of seeds, pumpkin and squash seed kernels, dried [28 g]
- 2/3 cups of soymilk [all flavors], unsweetened, with added calcium, vitamins A and D [163 g]
- 3/4 serving (8 fl oz) of beverages, water, tap, well [178 g]
- 1 oz of chocolate, dark, 70-85% cacao solids [28 g]

COOKING METHOD

- 1° Combine oats, water, and frozen fruit in a microwave-safe bowl with plenty of room for oats to expand.
- 2° Microwave on high for 3-4 minutes until all of the water has been absorbed.
- 3° Add remaining ingredients to taste and enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [671 g]	% DRI
ENERGY	152 kcal	1018 kcal	51 %
FAT	8 g	53 g	82 %
FATTY ACIDS, TOTAL SATURATED	2 g	13 g	63 %
CHOLESTEROL	0 mg	1 mg	0 %
SODIUM	13 mg	87 mg	4 %
CARBOHYDRATE	16 g	104 g	35 %
SUGARS	3 g	21 g	—
FIBER	5 g	30 g	121 %
PROTEIN	6 g	41 g	—