

Brownie Protein Oatmeal

Ingredients

- 1 cup almond milk*
- ½ cup Greek yogurt
- 2 tbs cocoa powder
- 1-2 tbs sweetener of choice
- 1 cup quick oats or rolled oats
- 2 serves protein powder (chocolate or vanilla)

Time Required

5 minutes

Tools Required

Nil

Notes

* You can use any milk or milk alternatives.



Instructions

1) In a small bowl, mix all the ingredients together. Divide between 2 small bowls, mugs or cups. Cover and refrigerate overnight (or at least an hour so the oats soften and absorb the liquid).

* You can top with chopped nuts if you desire.

* Enjoy cold, or microwave for 30-60 seconds to enjoy warm!