



Morning Protein Oats



1 serving



5 minutes

INGREDIENTS

- 1/2 cup oats
- 1/2 cup milk
- 1/4 cup plain greek yogurt
- 1 scoop Vanilla Ice Cream or Chocolate Mousse Mons Pura Protein Powder
- mix ins of your choice

NUTRITION

Per Serving

Total Calories: 391

Total Fat: 8.6 g

Total Carbohydrates: 37.6 g

Total Protein: 40.2 g

DIRECTIONS

1. Mix oats and milk and cook as directed by the instructions provided by your oats.
2. Add protein powder and plain greek yogurt. This recipe works great with either the Chocolate Mousse or Vanilla Ice Cream Protein Powder.
3. Top with your favorite mix ins such as raspberries, blueberries, coconut, or peanut butter!

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