



Banana Walnut Oatmeal

Ingredients

1/3 cup rolled or steel cut oats
1 banana, sliced
1 1/2 scoops vanilla protein powder
3 tbsp chopped walnuts
1 cup water

Directions

1. Combine water and oats in a bowl and microwave for 1-2 minutes.
2. Stir and let sit for 1 minute.
3. Mix in protein powder, sliced bananas, and walnuts

Nutritional Facts

Makes 1 serving
Calories: 622
Total Fat: 20.5 grams
Total Carb: 72 g
Total Protein: 48 g