

OATMEAL Enhanced

Start with 1/3 to 1/2 cup old-fashioned rolled oats. Then add about the same amount of water, almond or coconut milk AND (ready for this?) egg whites—the kind you buy in a little carton. I usually add one to 3 tablespoons. And, don't worry, you're oatmeal won't taste "eggy."

Mix well and pop into the microwave for 60 to 90 seconds, until it starts to look "cooked"

Now is where you add the YUM. You can stir in a tablespoon of nut butter and/or a scoop of protein powder.

Then top with berries, a dollop of greek yogurt, coconut cream, a scoop of powdered peanut butter, berries, mini chocolate chips, granola, nuts or even sprinkles.

SO YUMMY.

And ... with staying power. I promise this is better than any instant oatmeal you ate as a kid and with so much less sugar!! Try cooking in shredded carrots, chopped apples, pumpkin and appropriate spices, like cinnamon or nutmeg. Two of my favorite combinations are below!

You really won't be hungry until lunch!

Carrot Cake Oatmeal

1/3 cup	Oats
1/2 cup	Water
2 T	Egg whites
1/3 cup	Shredded Carrots
1 scoop	Vanilla protein powder

Follow the basic instructions above and then top with 2 T greek yogurt, chopped pecans and a dash of salt and cinnamon

PB and Berries

1/2 cup	Oats
2/3 cup	Almond milk
2 T	Egg whites
2 T	Powdered Peanut Butter
1 scoop	Vanilla protein powder

Follow the instructions above and then top with 1 T powdered peanut butter, sliced strawberries or a handful of raspberries and a few slices of banana.