

## High Protein Porridge – Pack 1

### Ingredients:

- \* 30g quick oats, use multi-grain variety for additional fibre
- \* 1 scoop (20g) Protein powder (Evolve WPI was used for nutritional analysis)
- \* 3g of crushed almonds
- \* ¼ tsp Cinnamon

### Method:

1. Combine oats and cinnamon in a bowl
2. Add hot water and cook to the consistency you prefer.
3. Once cooked add protein powder and top with crushed almonds.