

High Protein Porridge – Pack 2,3& 4

Ingredients:

- * 60g quick oats, use multi-grain variety for additional fibre
- * 1 scoop (30g) Protein powder (Evolve WPI was used for nutritional analysis)
- * 5g of crushed almonds
- * 1/2 teasp 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.