

POWER OATMEAL RECIPE

Oatmeal, when prepared following the Diet Free Life methodology, is a fast carb that fits perfectly into a fat-burning meal. This recipe stands out as a balanced meal on its own, combining protein, carbs, healthy fats, and dietary fiber for a satisfying and delicious dish. You can also customize this recipe by using other hot cereals, such as grits, Cream of Wheat, or Malt-O-Meal, to suit your preferences.

INGREDIENTS:

- ½ cup dry oatmeal
- 1 cup water
- ¼ cup milk of choice or unsweetened milk alternative (e.g., almond, oat, soy)
- 1 scoop French vanilla protein powder*
- ½ cup berries (any type)
- 1 TBSP 100% maple syrup or honey (optional)

*Choose a protein powder that has 15 to 30 grams of protein and no more than 10 grams of total carbs in a serving. Recommended popular brands includes Designer Whey, Vega, and Premier Protein to name a few.

METHOD:

Combine dry oats and 1 cup of water in a pot. Bring to a boil. Lower to medium heat and cook for about 5 minutes. In a separate small bowl or measuring cup whisk together almond milk and protein powder to eliminate clumps. While oatmeal is still cooking slow pour milk and protein powder mixture into pot as you continue stirring oatmeal. When oatmeal is done remove from heat. Place in a bowl and add blueberries and 1 TBSP maple syrup or honey.

Either blend your desired berries in with your oatmeal or enjoy separately.

