



## High Protein Peanut Butter Oatmeal

1 serving

5 minutes

### Ingredients

41 grams Oats (quick or rolled)  
119 milliliters Water  
122 grams Egg Whites  
16 grams All Natural Peanut Butter  
6 grams Chia Seeds

### Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

**Additional Toppings:** Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

**Make it Vegan:** Omit the egg whites.