



Peanut Butter & Banana Protein Porridge

1 serving

10 minutes

Ingredients

240 milliliters Unsweetened Almond Milk
20 grams Oats (rolled)
122 grams Egg Whites
16 grams All Natural Peanut Butter
3 grams Cinnamon
1/2 Banana (mashed)

Directions

- 1 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 2 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: More peanut butter, banana slices, berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.