

TASTY RECIPES

Easy and delicious ways to put more healthy protein into your diet every day!

Cookies & Cream Oatmeal



INGREDIENTS

- 1 cup Cookies & Cream Protein Shake
- 1/2 cup Old Fashioned Rolled Oats,
- pinch of Salt
- 1 1/2 teaspoons Monk fruit Sweetener, or sweetener of choice, to taste
- 1 teaspoon Organic Butter Extract
- 2 cookies & cream cookies

Toppings:

- Cookie crumbles
- Blueberries
- Bananas slices
- chopped almonds

DIRECTIONS:

1. Combine the cookies & cream shake, oatmeal and a pinch salt in a medium pot and bring to a boil on high heat.
2. Once boiling, reduce the heat the medium and simmer, stirring frequently, until the oats are thick and tender, but still a little runny, about 3 minutes.
3. Once cooked, remove from the heat and stir in the sweetener and extract.
4. Transfer to a bowl, crush up the cookie, and stir