

Faux Oatmeal

Serves: 1

INGREDIENTS:

3/4 cup light canned coconut milk
1/2 cup frozen mixed berries
2 tbsp ground flax seeds
3 tbsp black chia seeds
1 scoop vanilla vegan protein powder

Toppings of choice: Crushed nuts, nut butter, fresh berries, cinnamon, granola



INSTRUCTIONS:

Serving size: 1 bowl

1. In a small pot on the stove top, add the milk, frozen mixed berries, flax seeds and chia seeds. Stir to combine and let the mixture come to a gentle boil.
2. Remove from heat and stir in the protein powder. Add more milk if needed to stir well together.
3. Portion out into your bowl with toppings of choice.

Notes: This option provides an abundance of plant proteins, fiber and antioxidants compared to a bowl of regular oatmeal. It's a great start to your day bringing you a clear mind, natural energy, balance blood sugar levels and even help lessen afternoon cravings.