

PB&Strawberry Oatmeal (SERVES 1)

INGREDIENTS:

1/2 cup quick oats
1 cup cashew milk
1 teaspoon chia seeds
dash of salt
dash of vanilla extract
strawberries, for topping
dairy-free chocolate chips, for topping
1 tablespoon peanut butter
dash of cinnamon
1 tablespoon trail mix

INSTRUCTIONS:

1. Add quick oats, cashew milk, chia seeds, salt, and vanilla extract to a microwave safe bowl. Stir well
Microwave for 1 minute.
2. Remove from microwave and stir in protein powder.
Microwave for 1 more minute.
3. Remove from microwave and top with strawberries, dairy-free chocolate chips, peanut butter, cinnamon, and trail mix. Enjoy!