

THE PERFECT BODY BREAKFAST

INGREDIENTS

1 cup instant oatmeal

1 ¾ cups water

2 scoops DESIGNER WHEY™ Vanilla Praline

Nonfat milk (optional)

Sugar-free jam, raisins, nuts, cinnamon, fruit (optional)

DIRECTIONS

Total Time: 5 minutes

Makes 1 serving

Mix one-cup instant oatmeal with 1 ½ cups water in a large microwave-safe bowl

Stir well until oatmeal is thoroughly moistened

Cook in microwave on high power for about 2 minutes

Microwave powers vary. You may need an extra minute or so

Stir two level scoops of Vanilla Praline DESIGNER WHEY™ into ¼ cup water while oatmeal is cooling slightly. Pour this into oatmeal and stir

Vanilla praline is the most popular flavor, but you may want to try chocolate, too

This adds an extra 32 grams of protein to your breakfast

Add nonfat milk or more water to thin oatmeal, if desired

Add some of your favorite topping such as sugar free jam, raisins, nuts and cinnamon

38g

PROTEIN

305

CALORIES

4g

FAT

29g

CARBS

3g

SUGAR

3g

FIBER

PER SERVING

DESIGNER WHEY flavor in this recipe:
Natural

