

Protein Porridge

¼ Cup (1 oz) Porridge Oats

¼ Cup (1oz) Whey Protein Powder

¾ Cup Water



Place Porridge Oats and Protein Powder in a bowl and gradually add the water. Microwave on full power for approx. 40 seconds, stir and microwave for a further 60 seconds or until it is cooked.

Add berries and cinnamon for flavour if you desire, just make sure to count the carbs in the berries!

1 Serving – Approx 5 Carbs per serving (without fruit added)