

Apple Cinnamon Protein Oatmeal



TOTAL TIME

15 mins



COURSE

Breakfast, Snack



SERVINGS

7

CALORIES

469 kcal

INGREDIENTS

- 3 ½ c rolled oats
- 4 c unsweetened soy milk or other plant milk for soy free
- 4 ⅔ c Kite Hill High Protein Greek Yogurt
- 4 medium apple diced
- 2 tsp cinnamon
- 2 tsp vanilla extract
- 7 Tbsp chia seeds
- 3 ½ Tbsp maple syrup
- 2 c water
- ½ c chopped walnuts

INSTRUCTIONS

1. In a large pot, combine oats, soy milk, water, diced apples, vanilla, cinnamon, chia seeds and maple syrup. Cook over medium heat until the oats are tender and the mixture thickens (about 12 minutes).

2. Divide into 7 servings. Top each bowl with $\frac{2}{3}$ c of greek yogurt either beforehand or just before eating.

NUTRITION

Nutrition Facts

Apple Cinnamon Protein Oatmeal

Amount Per Serving (1 serving)

Calories	469	Calories from Fat	126
% Daily Value*			
Fat	14g	22%	
Carbohydrates	59g	20%	
Protein	28g	56%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!