

Gingerbread Protein Oatmeal



PREP TIME

8 mins

COOK TIME

5 mins



COURSE

Breakfast, Gluten Free



SERVINGS

7

CALORIES

406 kcal

EQUIPMENT

- 1 saucepan

INGREDIENTS

- 3 c old-fashioned oats
- 3 c unsweetened soy milk
- 2 scoops vanilla protein powder
- 3 c water
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 3 good pinches of allspice ground cloves, and kosher salt
- 1 Tbsp molasses
- 3 ½ Tbsp maple syrup
- 3 ½ Tbsp chopped walnuts
- 3 ½ Tbsp slivered almonds
- 3 ½ Tbsp dried cranberries
- 3 ½ c Vegan Greek Yogurt

INSTRUCTIONS

1. Combine the soy milk and water in a saucepan and bring to a soft boil. Reduce the heat to medium and stir in the oats and spices. Stir and reduce heat to medium-low (4 out of 10) and place a lid ajar on top. Cook for 5-6 minutes, stirring occasionally.
2. Turn off the heat and add the molasses and maple syrup. Mix well and taste the oats to see if you'd like to add another splash or two of soy milk or more spices/sweetness, etc.

3. Once perfect, divide into 7 containers and top with crunchy toasted walnuts and tangy cranberries.
4. Top each with ½ cup of vegan Greek yogurt. Sprinkle with cinnamon and ginger.

NUTRITION

Nutrition Facts	
Gingerbread Protein Oatmeal	
Amount Per Serving	
Calories 406	Calories from Fat 117
% Daily Value*	
Fat 13g	20%
Carbohydrates 44g	15%
Protein 27g	54%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!