



DESSERT FOR BREAKFAST

Indulgent yet healthy oatmeal recipes that taste like dessert but are packed with protein.

4 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

1. Banana Protein Oatmeal	24g protein
2. Apple Cinnamon Protein Oatmeal	23g protein
3. Blueberry Protein Oatmeal	24g protein
4. Pumpkin Protein Oatmeal	25g protein

Combined Shopping List

Pro Tips

Banana Protein Oatmeal

24g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Beginner

350

CALORIES

24g

PROTEIN

48g

CARBS

8g

FAT

INGREDIENTS

80g rolled oats

240ml milk

1 ripe banana, mashed

30g vanilla whey protein powder

5g cinnamon

15g walnuts

INSTRUCTIONS

- 1 Mash banana in the pot before adding other ingredients.
- 2 Add oats, milk, and cinnamon. Cook 4 minutes.
- 3 Remove from heat, cool 1 minute.
- 4 Stir in protein powder.
- 5 Sprinkle with walnuts and extra banana slices if desired.

Apple Cinnamon Protein Oatmeal

23g

Prep: 5 min

Cook: 8 min

Total: 13 min

Yield: 1 serving

Difficulty: Easy

360

CALORIES

23g

PROTEIN

50g

CARBS

8g

FAT

INGREDIENTS

80g rolled oats

240ml milk

1 medium apple, diced

30g vanilla whey protein powder

5g cinnamon

15g maple syrup

15g pecans

INSTRUCTIONS

- 1 Sauté diced apple with cinnamon for 2 minutes.
- 2 Add oats and milk, cook 4-5 minutes.
- 3 Remove from heat, let cool 1 minute.
- 4 Stir in protein powder.
- 5 Drizzle with maple syrup and top with pecans.

Blueberry Protein Oatmeal

24g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

340

CALORIES

24g

PROTEIN

44g

CARBS

8g

FAT

INGREDIENTS

80g rolled oats

240ml milk

100g blueberries

30g vanilla whey protein powder

15g almond butter

10g honey

INSTRUCTIONS

- 1 Cook oats in milk with half the blueberries for 4 minutes.
- 2 Mash the cooked blueberries into the oats.
- 3 Let cool 1-2 minutes.
- 4 Stir in protein powder.
- 5 Add remaining blueberries, almond butter, and honey.

Pumpkin Protein Oatmeal

25g

Prep: 5 min

Cook: 5 min

Total: 10 min

Yield: 1 serving

Difficulty: Easy

370

CALORIES

25g

PROTEIN

48g

CARBS

9g

FAT

INGREDIENTS

80g rolled oats

240ml milk

60g pumpkin puree

30g vanilla whey protein powder

5g pumpkin pie spice

15g maple syrup

15g pecans

INSTRUCTIONS

- 1 Cook oats in milk with pumpkin puree and spice for 4 minutes.
- 2 Remove from heat, let cool 1 minute.
- 3 Stir in protein powder until smooth.
- 4 Drizzle with maple syrup and add pecans.
- 5 Enjoy warm.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 80g rolled oats
- ☐ 30g vanilla whey protein powder

DAIRY & EGGS

- ☐ 240ml milk
- ☐ 15g almond butter

PRODUCE

- ☐ 1 ripe banana, mashed
- ☐ 1 medium apple, diced
- ☐ 60g pumpkin puree
- ☐ 5g pumpkin pie spice

SWEETENERS & FLAVORINGS

- ☐ 15g maple syrup
- ☐ 10g honey

OTHER

- ☐ 5g cinnamon
- ☐ 15g walnuts
- ☐ 15g pecans
- ☐ 100g blueberries

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteinoatmeal.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified oatmeal recipes recipes, interactive ingredient substitutions, and more free recipe packs.

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