



## GLUTEN-FREE & DAIRY-FREE

A collection of our best gluten-free and dairy-free recipes, perfect for those with dietary restrictions.

2 Macro-Verified Recipes

ProteinOatmeal | [proteinoatmeal.co](https://proteinoatmeal.co)

# WHAT'S INSIDE

1. Gluten-Free Certified Oats Protein Oatmeal

25g protein

2. Dairy-Free Coconut Milk Protein Oatmeal

22g protein

Combined Shopping List

Pro Tips

# Gluten-Free Certified Oats Protein Oatmeal

25g

Prep: 2 min

Cook: 5 min

Total: 7 min

Yield: 1 serving

Difficulty: Easy

**320**

CALORIES

**25g**

PROTEIN

**35g**

CARBS

**8g**

FAT

## INGREDIENTS

50g certified gluten-free rolled oats

30g vanilla whey protein powder

240ml water or milk of choice

1 tbsp almond butter

1/2 banana, sliced

1 tsp honey or maple syrup

Pinch of cinnamon

Pinch of salt

## INSTRUCTIONS

- 1 In a small pot, bring water and salt to a boil. Add the certified gluten-free oats and reduce heat to medium-low.
- 2 Cook for 4-5 minutes, stirring occasionally, until oats are creamy and most liquid is absorbed.
- 3 Remove from heat and stir in the protein powder until fully incorporated. Add a splash more liquid if needed.
- 4 Transfer to a bowl and top with almond butter, sliced banana, a drizzle of honey, and a sprinkle of cinnamon.
- 5 Serve immediately while warm and creamy.

# Dairy-Free Coconut Milk Protein Oatmeal

22g

Prep: 2 min

Cook: 5 min

Total: 7 min

Yield: 1 serving

Difficulty: Easy

**340**

CALORIES

**22g**

PROTEIN

**38g**

CARBS

**12g**

FAT

## INGREDIENTS

50g rolled oats

30g vanilla plant-based protein powder

180ml full-fat coconut milk

60ml water

2 tbsp shredded coconut

1 tbsp maple syrup

Fresh mango or pineapple for topping

Pinch of salt

## INSTRUCTIONS

- 1 In a small pot, combine coconut milk, water, and salt. Bring to a gentle simmer.
- 2 Stir in the rolled oats and cook over medium-low heat for 4-5 minutes, stirring frequently.
- 3 Remove from heat and stir in the plant-based protein powder until smooth and creamy.
- 4 Transfer to a bowl and top with shredded coconut, fresh tropical fruit, and a drizzle of maple syrup.
- 5 Enjoy immediately for the best texture and flavor.

# COMBINED SHOPPING LIST

## DRY INGREDIENTS

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- ☐ 50g certified gluten-free rolled oats
- ☐ 30g vanilla whey protein powder
- ☐ 50g rolled oats
- ☐ 30g vanilla plant-based protein powder

## DAIRY & EGGS

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- ☐ 240ml water or milk of choice
- ☐ 1 tbsp almond butter
- ☐ 180ml full-fat coconut milk

## PRODUCE

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- ☐ 1/2 banana, sliced
- ☐ Fresh mango or pineapple for topping

## SWEETENERS & FLAVORINGS

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- ☐ 1 tsp honey or maple syrup
- ☐ 1 tbsp maple syrup

## OTHER

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- ☐ Pinch of cinnamon
- ☐ Pinch of salt
- ☐ 60ml water
- ☐ 2 tbsp shredded coconut

## 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](https://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.

[proteinoatmeal.co](https://proteinoatmeal.co)