

Chocolate Peanut Butter Banana Oatmeal

American

Ingredients:

Oatmeal Base:

- * 3/4 cup rolled oats
- * 2 tablespoon chia seeds
- * 1 1/2 cups unsweetened almond milk
- * cinnamon (to taste)
- * salt (small pinch to en...)
- * 2 scoop protein powder (chocolate)

Toppings:

- * 1/2 whole banana (sliced)
- * 2 tbs peanut butter
- * 2 tsp honey



Instructions:

1. Mix almond milk, chia seeds, peanut butter, banana, cinnamon, and a pinch of salt to a small saucepan.
2. Mix in the oats
3. Cook for about 4–5 minutes until the oats soften and the mixture thickens.
4. Remove from heat and transfer the oatmeal to a bowl.

Servings: 2 | Serving size: 1 bowl | Calories: 470 | Protein: 36g