



## fit50 Power Oatmeal

On your marks.... Get set... GO! If there is a perfect weekend warrior pre-race breakfast this is it! What a great way to get your body powered up for the day, while also getting 40% of your total daily fiber intake, a 27 gram portion of muscle-building protein and a heart-healthy portion of polyunsaturated fats (one of the GOOD fats) and omega-3 fatty acids naturally with walnuts. Don't forego the oat bran which adds more texture to this time-tested breakfast staple. Give it a try!

### Ingredients

- ¾ cup old fashioned rolled oats
- ¼ cup oat bran
- 2 ½ cups of water
- 2 scoops Beachbody vanilla whey protein powder
- ¼ cup walnuts, chopped
- ¼ cup raisins

### Directions

- Combine oat bran, oats and water in a saucepan and cook over medium-high heat for 4-5 minutes, or to consistency you like. [HINT: Since you will be adding protein powder, you might want to take the oatmeal off the heat a little sooner than usual so that the protein powder incorporates more easily.]
- Let oatmeal stand for 2-3 minutes to slightly thicken and cool, then stir in two scoops of vanilla whey protein powder
- Transfer oatmeal to bowl and top with raisins and walnuts
- Makes 2 servings

### The Data (per serving)

Calories: 420 cal	Carbs: 53 gm	Total Fat: 13.5 gm
Protein: 27 gm	Fiber: 9 gm	Sat. Fat: 2.5 gm