

Protein Oatmeal (Proats)

Start your day with protein-packed oatmeal! This nutritious breakfast recipe combines rolled oats with protein powder for sustained energy.

5 min

PREP

10 min

COOK

15 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup oat
- 1 cup water
- 1 banana
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp vanilla extract

Instructions

- 1 Cook the oats**

Combine 1 cup rolled oats, 1 cup water, and 1 teaspoon salt in a medium saucepan.
- 2** Mash the banana with a fork until mostly smooth, leaving some small chunks. Add the mashed banana and 1 teaspoon cinnamon to the saucepan.
- 3** Bring the mixture to a boil over medium heat, stirring occasionally to prevent sticking, about 3-4 minutes.
- 4** Reduce heat to low and simmer for 5-7 minutes, stirring frequently, until the oats are tender and the mixture has thickened to a creamy consistency.
- 5** Remove from heat and stir in 1 teaspoon vanilla extract.
- 6 Add protein**

Let the oatmeal cool for 2-3 minutes to prevent the protein powder from clumping when added.
- 7** In a small bowl, whisk the protein powder with 2-3 tablespoons of cold water or milk until completely smooth with no lumps.

8 Gradually stir the protein mixture into the cooled oatmeal until fully incorporated, adding more liquid 1 tablespoon at a time if the consistency is too thick.

9 **Serve**

Transfer to a serving bowl and add desired toppings such as fresh fruit, nuts, or seeds.

Tips

Add protein powder after removing oatmeal from heat to prevent clumping and maintain smooth texture.

Use a 1:1 ratio of milk to water for optimal creaminess while keeping calories reasonable.

Mash half the banana before cooking and slice the rest for topping to create varied textures.

Whisk protein powder with a small amount of cold liquid first to create a smooth paste before adding to oats.

Cook oats on medium-low heat and stir frequently to prevent sticking and ensure even cooking.

Let cooked oatmeal rest for 2-3 minutes before adding protein powder for easier incorporation.

Store leftover protein oatmeal in the refrigerator for up to 3 days and reheat with additional liquid as needed.

Experiment with different protein powder flavors like chocolate, strawberry, or peanut butter for variety.