

Sticky Cinnabon Oatmeal

3 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1 cup Oats (quick or traditional)
1/4 tsp Sea Salt
2 tbsps Maple Syrup
1 tsp Cinnamon
2 Egg (whites only)
2 tbsps Coconut Flour
1/3 cup Vanilla Protein Powder
2 tbsps Coconut Oil (melted)

NUTRITION

AMOUNT PER SERVING

Calories	345	Cholesterol	126mg
Fat	16g	Sodium	381mg
Carbs	32g	Vitamin A	515IU
Fiber	6g	Vitamin C	0mg
Sugar	9g	Calcium	406mg
Protein	18g	Iron	3mg

DIRECTIONS

- 01 In a saucepan over medium heat, combine almond milk, oats, salt, maple syrup and cinnamon. Bring to a simmer and stir until liquid is absorbed, about 5 to 8 minutes.
- 02 Whisk in egg whites and mix thoroughly. Add coconut flour and stir until batter is thick. (Note: Add extra coconut flour or almond milk if needed for desired consistency.) Remove from heat.
- 03 In a small bowl, make your glaze by mixing the protein powder and melted coconut oil. Add a bit of almond milk if needed for desired consistency.
- 04 Divide oatmeal into bowls, drizzle with glaze and dust with extra cinnamon.

NOTES

MAKE IT VEGAN

For each egg, combine 1 tbsp of ground flax seed with 3 tbsps of water. Set in fridge for 15 minutes to create a sticky egg-like substitute.

NO MAPLE SYRUP

Use honey instead.

LEFTOVERS

Divide into mason jars and refrigerate up to 3-5 days. When reheating, add some almond milk.