

PB Banana Oats



Ingredients

For 1 serving

- 1/3 cup (35g) Dry Oats
- 2/3 cup Water
- 95g Banana (*Mashed*)
- 1 Tbsp (7g) PB2 Powder
(can use PB2 chocolate too)
- 1 Tbsp Chocolate or Vanilla Protein Powder

Directions

1. Add dry oats and water then microwave for 60 seconds
2. Mash banana then add to oats and mix well.
3. Add PB2 Powder and Protein Powder and mix well
4. Enjoy hot! (Additional time can be added in microwave if needed)

