

# Cinnamon & Banana Protein Oatmeal

6 ingredients · 15 minutes · 1 serving



## Directions

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1. In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
2. Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
3. Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 1 1/4 cups.

### No Soy Milk

Use other milk alternative.

## Ingredients

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- 1 cup Soy Milk
- 1/2 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1 Banana (sliced)

