



Protein-Packed Instant Oats

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Seeds, Nuts & Spices

- ☐ 3 tbsps Chia Seeds
- ☐ 1 tsp Cinnamon
- ☐ 3 tbsps Ground Flax Seed
- ☐ 1 tsp Ground Ginger
- ☐ 1/4 cup Hemp Seeds
- ☐ 3 tbsps Pumpkin Seeds
- ☐ 2 tbsps Sunflower Seeds
- ☐ 1 tbsp Walnuts

Boxed & Canned

- ☐ 1/4 cup Dried Banana Chips
- ☐ 2 tbsps Dried Papaya Chunks
- ☐ 2 tbsps Dried Pineapple Chunks
- ☐ 2 cups Quick Oats

Baking

- ☐ 1 tbsp Cacao Nibs
- ☐ 2 tbsps Dried Blueberries
- ☐ 2 tbsps Dried Unsweetened Cranberries

Other

- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 3 cups Water



Instant Oats - Cranberry

1 serving
5 minutes

Ingredients

1/2 cup Quick Oats
2 tbsps Ground Flax Seed
2 tbsps Hemp Seeds
2 tbsps Dried Unsweetened Cranberries
2 tbsps Sunflower Seeds
3/4 cup Water

Directions

- 1 Layer all of the ingredient in a mason jar. Seal the jar and store at room temperature up to 2 months.
- 2 When ready to cook, add the water or milk to the jar, stir and microwave on high 1 minute 30 seconds. Place the lid on top and let sit 2 minutes. Serve immediately.

Nutrition

Amount per serving	
Calories	473
Fat	25g
Carbs	48g
Fiber	10g
Sugar	11g
Protein	18g
Cholesterol	0mg
Sodium	7mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	84mg
Iron	5mg



Instant Oats -Tropical Fruit

1 serving

5 minutes

Ingredients

1/2 cup Quick Oats
2 tbsps Chia Seeds
2 tbsps Vanilla Protein Powder
3/4 cup Water
2 tbsps Dried Papaya Chunks
2 tbsps Dried Pineapple Chunks

Directions

- 1 Layer all of the ingredient in a mason jar. Seal the jar and store at room temperature up to 2 months.
- 2 When ready to cook, add the water or milk to the jar, stir and microwave on high 1 minute 30 seconds. Place the lid on top and let sit 2 minutes. Serve immediately.

Nutrition

Amount per serving	
Calories	469
Fat	10g
Carbs	138g
Fiber	12g
Sugar	0g
Protein	19g
Cholesterol	2mg
Sodium	28mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	249mg
Iron	4mg



Instant Oats - Chocolate Banana

1 serving

5 minutes

Ingredients

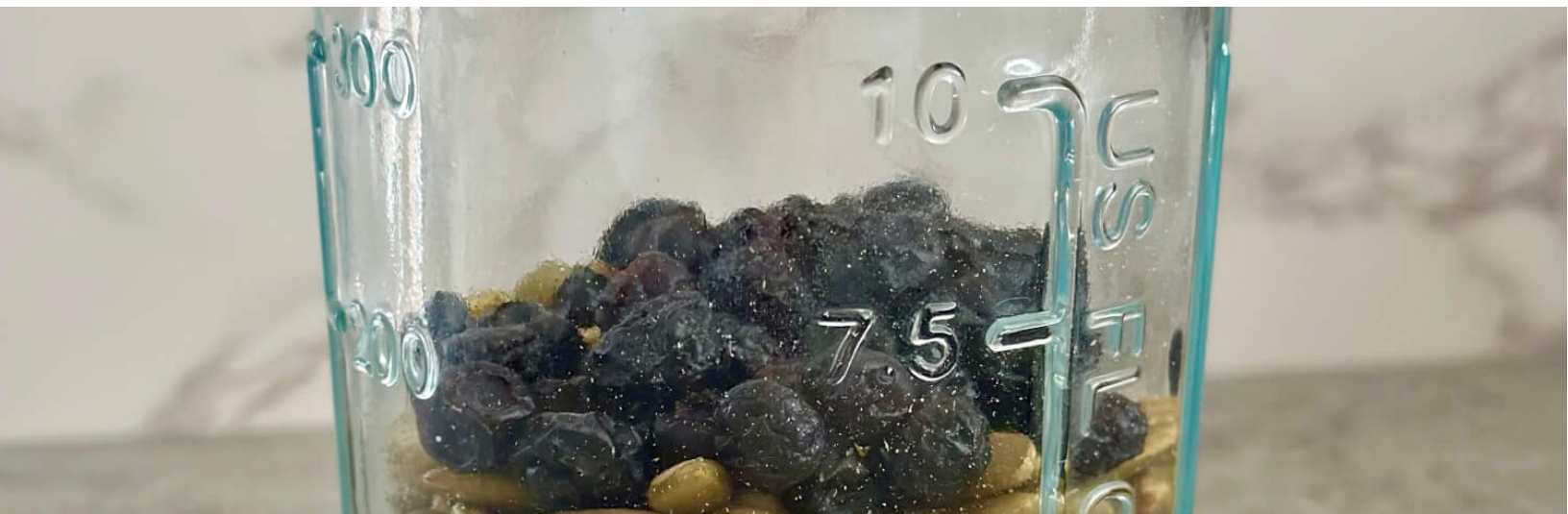
1/2 cup Quick Oats
1 tbsp Ground Flax Seed
2 tbsps Vanilla Protein Powder
1 tbsp Cacao Nibs
1/4 cup Dried Banana Chips
1 tbsp Walnuts
3/4 cup Water

Directions

- 1 Layer all of the ingredient in a mason jar. Seal the jar and store at room temperature up to 2 months.
- 2 When ready to cook, add the water or milk to the jar, stir and microwave on high 1 minute 30 seconds. Place the lid on top and let sit 2 minutes. Serve immediately.

Nutrition

Amount per serving	
Calories	438
Fat	18g
Carbs	39g
Fiber	9g
Sugar	2g
Protein	19g
Cholesterol	2mg
Sodium	25mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	118mg
Iron	3mg



Instant Oats - Blueberry Pumpkin

1 serving
5 minutes

Ingredients

1/2 cup Quick Oats
2 tbsps Hemp Seeds
1 tbsp Chia Seeds
3 tbsps Pumpkin Seeds
2 tbsps Dried Blueberries
1 tsp Cinnamon
1 tsp Ground Ginger
3/4 cup Water

Directions

- 1 Layer all of the ingredient in a mason jar. Seal the jar and store at room temperature up to 2 months.
- 2 When ready to cook, add the water or milk to the jar, stir and microwave on high 1 minute 30 seconds. Place the lid on top and let sit 2 minutes. Serve immediately.

Nutrition

Amount per serving	
Calories	516
Fat	28g
Carbs	52g
Fiber	13g
Sugar	11g
Protein	22g
Cholesterol	0mg
Sodium	12mg
Vitamin A	14IU
Vitamin C	4mg
Calcium	172mg
Iron	7mg