



Nicole Osinga

Warm Protein Oatmeal

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### Fruits

- 1/2 Apple
- 1/2 Banana
- 1/4 cup Pomegranate Seeds

### Breakfast

- 1 1/2 tsps Almond Butter

### Seeds, Nuts & Spices

- 3/4 tsp Cinnamon
- 1 tsp Ground Ginger
- 1 tsp Nutmeg
- 1 tbsp Pecans
- 1 tbsp Walnuts

### Frozen

- 1/4 cup Frozen Berries

### Boxed & Canned

- 1 unit Biscoff Cookie
- 1 tbsp Biscoff Cookie Butter
- 1 unit Oreos

### Baking

- 3 cups Oats
- 1 2/3 tsps Vanilla Extract

### Cold

- 6 cups Soy Milk
- 3/4 cup Soy Yogurt

### Other

- 1 1/2 cups Vanilla Protein Powder



## Gingerbread Spice Oatmeal

1 serving  
15 minutes

### Ingredients

1 cup Soy Milk  
1/2 cup Oats (rolled)  
1/4 cup Vanilla Protein Powder  
1/8 tsp Cinnamon  
1/2 tsp Ground Ginger  
1/2 tsp Nutmeg  
1 tsp Vanilla Extract  
1 tbsp Pecans  
1 1/2 tsps Almond Butter

### Nutrition

Amount per serving	
Calories	457
Fat	16g
Carbs	45g
Fiber	7g
Sugar	11g
Protein	33g
Cholesterol	4mg
Sodium	156mg
Vitamin A	6IU
Vitamin C	0mg
Calcium	474mg
Iron	4mg

### Directions

- 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, spices and vanilla. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sprinkles, almond butter and more cinnamon if desired.

### Notes

**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.



## Berry Pomegranate Oatmeal

1 serving  
15 minutes

### Ingredients

1 cup Soy Milk  
1/2 cup Oats (rolled)  
1/4 cup Vanilla Protein Powder  
1/4 cup Frozen Berries  
1/8 tsp Cinnamon  
1/4 cup Pomegranate Seeds

### Nutrition

Amount per serving	
Calories	395
Fat	7g
Carbs	53g
Fiber	8g
Sugar	18g
Protein	31g
Cholesterol	4mg
Sodium	155mg
Vitamin A	1IU
Vitamin C	14mg
Calcium	450mg
Iron	3mg

### Directions

- 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 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 berries and pomegranate seeds. Enjoy!

### Notes

**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.



## Banana Walnut

1 serving  
15 minutes

### Ingredients

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

### Nutrition

Amount per serving	
Calories	458
Fat	12g
Carbs	56g
Fiber	8g
Sugar	17g
Protein	32g
Cholesterol	4mg
Sodium	156mg
Vitamin A	39IU
Vitamin C	5mg
Calcium	449mg
Iron	3mg

### Directions

- 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, cinnamon and vanilla extract. 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 and walnuts. Top with sweetener, like maple syrup, if desired. Enjoy!

### Notes

**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.



## Cookies n Cream Oatmeal

1 serving  
15 minutes

### Ingredients

1 cup Soy Milk  
1/2 cup Oats (rolled)  
1/4 cup Vanilla Protein Powder  
1/8 tsp Cinnamon  
1 unit Oreos  
1/4 cup Soy Yogurt  
1 tsp Vanilla Extract

### Nutrition

Amount per serving	
Calories	379
Fat	8g
Carbs	44g
Fiber	6g
Sugar	10g
Protein	32g
Cholesterol	4mg
Sodium	155mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	439mg
Iron	3mg

### Directions

- 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, cinnamon and vanilla extract. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with a crushed oreo and yogurt. Enjoy!

### Notes

**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.



## Apple Pie Oatmeal

1 serving  
15 minutes

### Ingredients

1 cup Soy Milk  
1/2 cup Oats (rolled)  
1/4 cup Vanilla Protein Powder  
1/8 tsp Cinnamon  
1/2 tsp Ground Ginger  
1/2 tsp Nutmeg  
1 tsp Vanilla Extract  
1/2 Apple (diced)  
1/4 cup Soy Yogurt

### Nutrition

Amount per serving	
Calories	435
Fat	8g
Carbs	58g
Fiber	8g
Sugar	19g
Protein	33g
Cholesterol	4mg
Sodium	157mg
Vitamin A	51IU
Vitamin C	4mg
Calcium	447mg
Iron	3mg

### Directions

- 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 Meanwhile, cook the diced apples in a frying pan over medium heat for 5 minutes. Top with cinnamon.
- 3 Stir in the protein powder, spices and vanilla. Add a splash of water or more milk if needed for desired consistency.
- 4 Transfer the cooked oats to a bowl and top with the cooked apples and yogurt.

### Notes

**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.



## Biscoff Cookie Oatmeal

1 serving  
15 minutes

### Ingredients

1 cup Soy Milk  
1/2 cup Oats (rolled)  
1/4 cup Vanilla Protein Powder  
1/8 tsp Cinnamon  
1 unit Biscoff Cookie  
1 tsp Vanilla Extract  
1 tbsp Biscoff Cookie Butter  
1/4 cup Soy Yogurt

### Nutrition

Amount per serving	
Calories	469
Fat	16g
Carbs	49g
Fiber	6g
Sugar	12g
Protein	35g
Cholesterol	4mg
Sodium	223mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	439mg
Iron	3mg

### Directions

- 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, cinnamon and vanilla extract. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with a crushed Biscoff cookie, yogurt and Biscoff cookie butter. Enjoy!

### Notes

**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.