



Chocolate Oatmeal

Servings: **1 servings**

Calories: 418 Sugars: 5.6 grams

Ingredients

2 cups water

1 1/4 cups instant oatmeal

1/2 cup low sugar chocolate protein powder

Side: 1 cup mixed frozen berries

Directions

Bring the water to boil on the stove or in the microwave. Add the oatmeal and protein powder into the pot. Cool, and scoop into balls and serve.

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Direct recipe link: <https://www.keyingredient.com/recipes/6720248/chocolate-oatmeal/>