



# PEANUT BUTTER & STRAWBERRY PROATS

THIS HIGH-PROTEIN OATMEAL MADE WITH EGG WHITES IS BALANCED AND DELICIOUS.



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## Health Tips

This is one of our favourite recipes, the oats contain beta-glucans which are linked to help reduce our cholesterol. They're high in fibre making them a great way to start the day. The strawberries are full of antioxidants and vitamin C which can help keep our immune system strong.

## Recipe

Prep Time:	5 Minutes
Cook Time:	10 Minutes
Serving:	1

### INGREDIENTS:

- Rolled oats (1/2 cup)
- Almond milk (1/2 cup, unsweetened)
- Strawberries (6, large fresh, cored and chopped)
- Honey (2 teaspoons)
- Vanilla extract (1/2 teaspoon)
- Salt (a pinch)
- Egg whites (3, large)
- Peanut butter (1 tablespoon)

## METHOD:

### Step 1:

Add the oats, 1/3 cup water, 1/2 cup milk, honey, strawberries, salt, and vanilla to a little pot, bring to boiling. Then, reduce the heat and simmer, stirring occasionally, for 5-7 minutes, until the oats are plump.

### Step 2:

Whisk the egg whites using a fork in a bowl. Add the cooked oatmeal to the whisked egg whites slowly, stirring each time.

### Step 3:

Pour the mixture back into the pot and cook for 2-3 minutes, stirring continuously, over low heat.

## NUTRITIONAL INFORMATION

Calories	412 g
Fat	13 g
Protein	20 g
Carbs	51 g
Fibre	8 g



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