

Healthier Lifestyles - with Coach Linda

www.coachlindajohnson.com

APPLE PIE OATMEAL

(THM E)

The yummy flavor of an Apple Pie in your oatmeal is a delicious way to start your day. You'll feel a bit like you are having a dessert when you have this nourishing meal. You can add your protein right in for an all-in-one bowl kind of meal.

Ingredients

- ½ c. Old Fashioned Rolled Oats
- ½ - 1 c. Water
- ½ c. Almond Milk
- ½ c. Peeled & Shredded and/or Chopped Zucchini
- ½ c. Unsweetened Applesauce
- 1 tsp. Super Sweet Blend
- ½ tsp. Apple Pie Spice or Cinnamon
- Pinch or 2 of salt

Instructions

1. Stir together in a pan and cook oatmeal as directed on the container.
2. Remove from heat and stir in:
 - ½ scoop Whey Protein Powder and 1 scoop Collagen

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