

BARTO'S BIRCHER 2.0
(serves 1)

PROTEIN: 32G CALORIES: 312 PROTEIN TO CALORIE RATIO: 9.75

INGREDIENTS:

- 30G INSTANT OATS
- 10G CHIA SEEDS
- 15G PROTEIN POWDER
- CINNAMON
- PINCH OF SALT
- 100-150ML BOILING WATER
- 160G HIGH PROTEIN YOGHURT

METHOD:

1. Combine instant oats, chia seeds, protein powder, cinnamon & salt in a bowl.
2. Add boiling water & stir until well combined.
3. Serve with high protein yoghurt on the side.

NOTE:

Whey protein & vegan protein will need slightly different liquid amounts. Alter to your desired consistency.

Add dry roasted edamame for some crunch.