

## Protein Breakfast Pudding



| Serves          | Prep Time | Cooking | Total Time | Calories        |
|-----------------|-----------|---------|------------|-----------------|
| <b>1 person</b> |           |         |            | <b>327 kcal</b> |

### Stuff that's in it:

- 40G Oat Bran
- 1 Small Banana (Sliced)
- 5G Choc Chips
- 200Ml Water
- 25G Chocolate Protein Powder

### What you do:

Mix your protein powder and oat bran together, add to a pan with the water, bring to a simmer stirring continuously until thick and creamy, add to a bowl and add your toppings.

### Nutrition

- Protein: 26g
- Fibre: 11g