

Baby Bear Porridge



Ingredients:

Old Fashioned Oats or Barley Flakes
Water
Flax Seeds or Flaxseed Meal
Optional: Small Pinch of Salt
Ground Cinnamon
Molasses or Agave or Clover Honey
or Pure Maple Syrup
Vanilla Protein Powder
Any type of Milk or Unsweetened
Non-Dairy Milk
Banana Slices
Sliced Almonds

Directions:

Step 1: In a small pot, combine oats, water, flax, optional salt, cinnamon, and molasses.

Step 2: Bring to a boil, then reduce heat to low. Simmer until the liquid has been absorbed, stirring frequently.

Step 3: Whisk your amount of protein powder into 1/4-1/3 cup whatever milk you chose. Add to porridge. Remove from heat when it is the consistency you like. Add banana and almond slices just before enjoying.

Complete Meal Portions

2 Unit Portion:

1/4 cup dry oats
2/3 cup water
1 Tbsp. flax
Optional small pinch salt
1/2 tsp. cinnamon
1 tsp. molasses
*14 grams protein powder
1" banana slices
1/2 Tbsp. almond slices

3 Unit Portion:

1/3 cup dry oats
3/4 cup water
1 Tbsp. flax
Optional small pinch salt
1/2 tsp. cinnamon
1 tsp. molasses
*21 grams protein powder
1 1/2" banana slices
1 Tbsp. almond slices

4 Unit Portion:

1/2 cup dry oats
1 1/3 cup water
2 Tbsp. flax
Optional small pinch salt
1/2 tsp. cinnamon
1 1/2 tsp. molasses
*28 grams protein powder
2" banana slices
1 Tbsp. almond slices

5 Unit Portion:

2/3 cup dry oats
1 1/2 cup water
2 Tbsp. flax
Optional small pinch salt
1/2 tsp. cinnamon
1 1/2 tsp. molasses
*35 grams protein powder
2 1/2" banana slices
2 1/2 Tbsp. almond slices