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## **Protein Packed Oatmeal**

1 Serving

433 Cal, 33.9g Carb, 24.8g Fat, 22.8g Pro

- 1 cup unsweetened vanilla almond milk
- ½ cup old fashioned rolled oats
- 4 oz. liquid egg whites
- ½ tsp ground cinnamon
- 1 tsp Stevia in the raw
- ¼ cup chopped walnuts
- 1 Tbsp sugar-free maple syrup

Bring almond milk to a boil. Stir in rolled oats and reduce heat to a simmer. Cook for approximately 8 minutes, stirring frequently. Add liquid egg whites when the almond milk has almost evaporated. Continue to simmer and stir until the oatmeal has reached the consistency you prefer. (I don't like it to get too thick, so I'll leave it a little liquidy.) Pour into your serving bowl. Mix in walnuts, stevia, and cinnamon, Top with sugar-free maple syrup. Enjoy!