OATMEAL with Blueberries & Nuts

2 BLOCK MEAL:

1/4 cup dry whole oats
dash of salt

14 grams of protein of Protein powder (Nuzest smooth vanilla or a Balance whey with little or no carbs)
dash of cinnamon
8-10 blueberries OR 1 teaspoon of brown sugar
2 tsp of crushed/chopped nuts (I use walnut, pecan and almond)

Cook oats in 1 cup water w salt. Mix cooked oats with protein powder and cinnamon. Add blueberries OR brown sugar and top with nuts and serve.

*For convenience you may use 1 pkg OR 1/3 cup instant original oatmeal with1/2 cup boiling water (or more depending on consistency you prefer)

Serving: approx. 14g Protein, 22g Carbs, 6g Fat Yield: 2 block