

## Vanilla Oat Bran with Fruity Syrup



Serves	Prep Time	Cooking	Total Time	Calories
1 person				279 kcal

## Stuff that's in it:

- 200Ml Water
- 40G Oat Bran
- 20G Vanilla Whey Protein
  - Splash Coconut Milk
  - Sprinkle Flax Seeds
  - 2 Strawberries (Sliced)
- Sweet Freedom Fruit Syrup

## What you do:

## Nutrition

• Protein: 25g

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