

Vanilla Oat Bran with Fruity Syrup



Serves
1 person

Prep Time

Cooking

Total Time

Calories
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