

# Cold Oats Recipe

Tired of cooking your oatmeal the same old way? Try this to change things up and get a boost of protein at the same time.

1. Soak your oats in almond milk. Water works too in a pinch. Add just enough liquid to cover the oats. They'll absorb most of it and soften in 10-15 minutes. Yep, that's right, there's no need to cook rolled oats.
2. Once your oats have absorbed all the liquid, add a scoop of protein powder and stir. After this, the options are endless. Vanilla protein is great with fruit. Chocolate is awesome with nuts.
3. Add your fruit, nuts, coconut, etc. and mix it all together and stick it in the freezer for about 30-60 minutes. You want the sides to be partially frozen and the middle to be creamy.

That's it! Time to enjoy a delicious and healthy meal.

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