



## Protein Breakfast Oats

Serves 2 bariatric portions – Prep time: overnight

### Ingredients

½ cup	Wholegrain oats
25g	Unflavoured or vanilla whey/plant protein
2 Tbsp	Pumpkin seeds
1 Tbsp	Flax seeds
1 Tbsp	Sunflower seeds
½ tsp	Cinnamon
2 Tbsp	Dried cranberries or ¼ cup fresh berries
Pinch	Salt
1 ½ cups	Milk of your choice

### Serving Suggestion

With yoghurt: Instead of stirring protein powder into the oats, mix it into ½ cup of high-protein yoghurt (unflavoured or vanilla). Serve the yoghurt on the side or swirled through the oats for added creaminess and extra protein.

### Mix & Match Add-Ins

These swaps keep things exciting while making sure you stay nourished and satisfied. Pick one or two extras depending on your mood. Keep an eye on the protein/carb content of these.

#### Protein Boosters

- Stir protein powder into yoghurt as well as the oats
- 2–3 Tbsp cottage cheese or ricotta on top
- 1 Tbsp high-protein Greek yoghurt swirled through

#### Fruity Flavours

- ¼ cup fresh berries
- ½ chopped apple or pear (stirred in while cooking)
- 1 Tbsp unsweetened dried fruit

#### Crunchy Textures

- 1 tsp chopped almonds, walnuts, or pecans
- 1 tsp cacao nibs
- 1 Tbsp toasted seeds (pumpkin, sunflower, sesame)
- 1 Tbsp granola

#### Creamy Add-Ons

- 1 tsp natural nut butter
- 1 Tbsp tahini (pairs beautifully with cinnamon oats)
- 2 Tbsp high-protein yoghurt stirred on top

### Directions

In a saucepan, combine oats, seeds, cranberries (if using), cinnamon, salt, and milk.

Simmer gently for 6–8 minutes, stirring until thick and creamy.

Remove from heat and stir in protein powder until smooth.

Approx per serve

Protein

25g

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