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Day 2, Meal 4: Post-Workout Meal-Hearty Banana Oat Bowl

Ingredients:

Banana, 1 medium
Oats, uncooked, 1/2 cup
Egg whites, 8 large
Cinnamon, to taste
Sugar-free maple syrup, to taste

Directions:

1. Slice a banana into coin-sized pieces.
2. Cook the oats per package instructions with water and bananas.
3. Cook the egg whites. Season them lightly with salt if desired.
4. Add the egg whites to the oatmeal. Add cinnamon and syrup. Stir and enjoy!

Nutrition Facts

Serving size: 1 bowl
Recipe yields 1 serving

Calories: 444
Fat: 8 g
Carbs: 58 g
Protein: 35 g

