

Sticky Cinnabon Oatmeal

🛒 9 ingredients ⌚ 15 minutes 🍴 3 servings

Directions

1. In a saucepan over medium heat, combine almond milk, oats, salt, maple syrup and cinnamon. Bring to a simmer and stir until liquid is absorbed, about 5-8 minutes.
2. Whisk in egg whites and mix thoroughly. Add coconut flour and stir until batter is thick. (Note: Add extra coconut flour or almond milk if needed for desired consistency.) Remove from heat.
3. In a small bowl, make your glaze by mixing the protein powder and melted coconut oil. Add a bit of almond milk if needed for desired consistency.
4. Divide oatmeal into bowls, drizzle with glaze and dust with extra cinnamon.

Notes

Make it Vegan For each egg, combine 1 tbsp of ground flax seed with 3 tbsps of water. Set in fridge for 15 minutes to create a sticky egg-like substitute.

No Maple Syrup Use honey instead.

Leftovers Divide into mason jars and refrigerate up to 3-5 days. When reheating, add some almond milk.

Ingredients

- **2 cups** Unsweetened Almond Milk
- **1 cup** Oats (quick or traditional)
- **1/4 tsp** Sea Salt
- **2 tbsps** Maple Syrup
- **1 tsp** Cinnamon
- **2** Egg (whites only)
- **2 tbsps** Coconut Flour
- **1/3 cup** Vanilla Protein Powder
- **2 tbsps** Coconut Oil (melted)