



Man of Steel Cut Oats

Ingredients

¼ cup dry steel cut oats
1 cup water

1 Tbs Chia
1 Tbs Hemp Seed
1 Tbs Ground Flax Meal
½ cup frozen triple berries or fresh fruit as desired

Bring oats and water to full boil. Turn to simmer & cover. Cook for 12 minutes.

Stir in chia seeds, hemp seeds, ground flax. Top with fresh fruit or defrosted berries.

Approximately 250 calories.

This recipe provides awesome fiber (in the neighborhood of 15 grams) and around 5 grams of protein. You can amp up the protein by stirring in powdered whey. Measure in a little more water if you plan on doing this. IMO, it doesn't taste as good but if your wrestler will tolerate then it's worth it.