



## **BREAKFAST FRUITY OATS**

From - [Body Active Online](#)

### **What You Will Need**

1. Porridge Oats
2. Dried and Sliced Mixed Fruit (1 tablespoon)
3. Vanilla or Banana Whey Protein

### **Preparation**

1. Add 30g-40g of whey protein to water and mix thoroughly
2. Mix the required amount of porridge oats with a tablespoon of mixed dried and sliced fruit in a breakfast bowl.
3. Pour the protein drink into the bowl

### **Nutritional Information**

Porridge oats are a low glycemic index carbohydrate that will provide a slow release of energy for a number of hours. In addition, they contain soluble fibre which is beneficial in reducing unhealthy cholesterol levels.

Dried fruit will add both high glycemic index carbohydrates to trigger an increase in insulin levels, and fructose, that provides rapid energy and also restores liver glycogen after an over night fast.

Clearly whey protein will add significant levels of protein without adding much in the way of fats or carbohydrates.