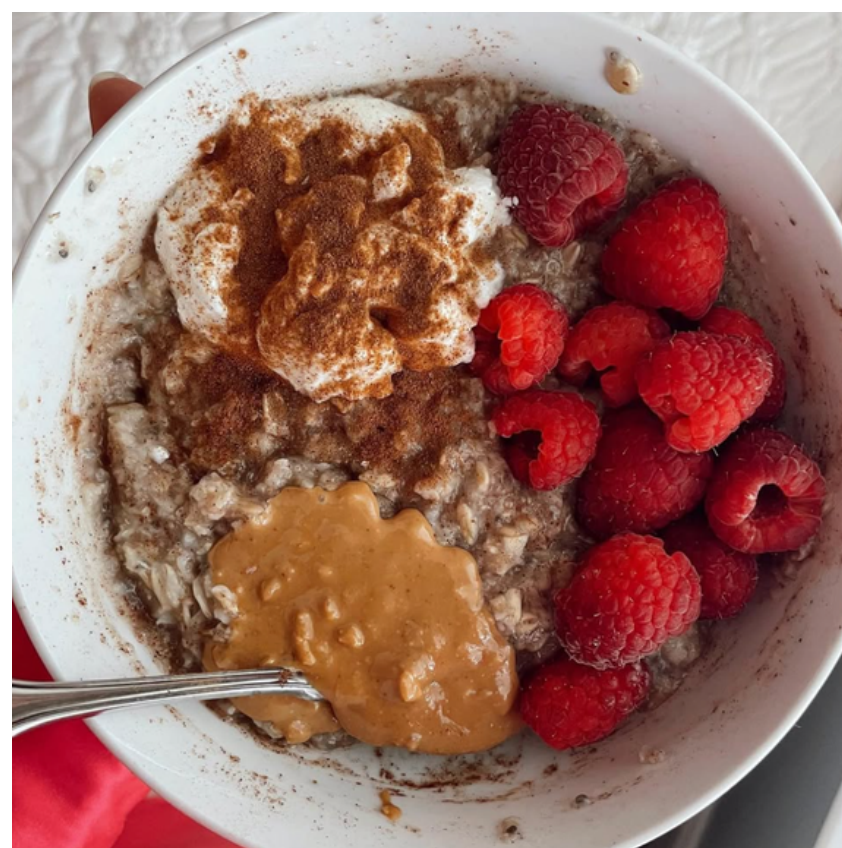


PB&J OATS

Ingredients:

- 1/2 cup oats
- 1 scoop marine collagen
- 2 tbs egg whites
- 1 tbs peanut butter
- Raspberries
- Greek yoghurt w cinnamon



Instructions:

1. Mix oats, 1/2 cup water, egg whites and collagen
2. Cook oats in microwave/on stove for 2-3 minutes, stir oats consistently (every 30 seconds)
3. Top with peanut butter, greek yogurt, raspberries and cinnamon
4. Enjoy!

