



## "BLUEBERRY PIE" OATMEAL



### About this Recipe

Even in the heat of the summer, oatmeal is always one of our go-to breakfast meals. Combining antioxidant rich blueberries with the protein, fiber, and omega-3's in flaxseed makes this a filling treat on a busy morning. Try adding some unflavored collagen peptides to up the protein without changing the flavor or texture. This one is also easy to prep a full week's worth of meals by putting all the dry ingredients into mason jars on Sunday so they are ready to go when you need them.

### Ingredients

- 1/2 cup DRY rolled oats or steel cut oats
- 1 scoop unflavored collagen peptides (optional)
- 1 Tablespoon ground flaxseed
- 2/3 cup unsweetened almond milk
- 1/2 teaspoon vanilla
- Handful of fresh or frozen blueberries
- Sprinkle of cinnamon

### Directions

- 1** Put oats, cinnamon, flaxseed, and collagen in a mason jar or microwave safe container
- 2** Add almond milk, vanilla, and blueberries. Stir to combine
- 3** Microwave for 1 minute to 1 minute 30 seconds depending on desired consistency. Cover with a lid or plate for 1-2 minutes so the oatmeal can cool and thicken