



## Air Fryer Oatmeal

*As a bariatric patient, you deserve a breakfast of champs.*

### **Ingredients:**

- 1 C Steel Cut Oats
- ¼ C Collagen or unflavored protein powder
- 1 T Stevia
- ½ t Baking Powder
- Pinch of Cinnamon
- ½ C Unsweetened Almond Milk
- ½ t Vanilla Extract
- ½ C Chopped Walnuts

### **Directions:**

- Add Oat, Collagen, Stevia, Baking Powder & Cinnamon to bowl and mix well
- Add Almond Milk & Vanilla together in separate bowl
- Add dry mix to wet mix and stir together
- Fold in ½ C Chopped Walnuts
- Divide mixture between 3 ramekins
- Cook for 5 minutes at 350°

*“Life is tough, but so are you.”*

