

Nutribar Porridge

¾ cup water

¼ cup quick cooking rolled oats

¼ tsp. maple or vanilla extract

1 scoop Nutribar powder

Serve with fresh fruit.

In a bowl, combine water, oats, flavouring and Nutribar powder. Microwave on high for 1-2 minutes, uncovered. Stir. Let mixture cool slightly before serving with fresh fruit.

Per Serving: 285.8 calories; protein: 11.6 g; fat: 4.7 g; carbohydrate: 49.0 g.