

Protein Oatmeal Shake: Creamy Morning Drink

Blended with frozen banana for a thick and velvety smooth consistency



PREP
5 min

TOTAL
6 min

SERVES
1 servings

CALORIES
410 kcal

Ingredients

- 1/2 cup rolled oats
- 1/2 cup milk, dairy or plant-based
- 1 scoop vanilla whey protein powder
- 1/4 frozen banana
- 1/2 tsp ground cinnamon
- 1 tbsp maple syrup, optional
- 1 pinched sea salt
- 3 ice cubes

Instructions

1. Prepare the base: Place the rolled oats in the blender cup. This ensures the grains are at the bottom for an efficient blend.
2. Combine the ingredients: Add the milk, vanilla whey protein powder, frozen banana, ground cinnamon, maple syrup, and a pinch of sea salt. Use the salt to balance the sweetness of the protein powder.
3. Soften the oats: Cover the blender and let the mixture sit for 1 minute. You do this to allow the oats to soften and the flavours to mingle for a smoother result.
4. Blend the shake: Blend on high speed for 30–45 seconds. Process the mixture until it is silky smooth and no oat fragments remain.
5. Adjust the taste: Taste the mixture. Add a little more maple syrup if you desire more sweetness to balance the cinnamon.

6. Pour and garnish: Pour the shake into a chilled glass. Garnish with chia seeds, chopped nuts, or fresh berries if you like a textural contrast.
7. Serve the drink: Serve the shake immediately. This maintains the best texture before the oats begin to thicken further.

Notes

What to serve with it Pair this shake with a slice of toasted whole-grain bread for extra crunch. You may also serve it alongside a protein-rich yogurt parfait for a balanced meal. For a more colourful presentation, top the glass with a drizzle of almond butter and a few sliced fresh berries before serving.

Storing and reheating Consume the shake within 30 minutes if stored at room temperature to avoid spoilage. You may store the shake in the freezer for up to 1 day. Thaw the mixture in the fridge or at room temperature and stir well to restore a smooth and creamy consistency.