

Protein Oatmeal S'mores: Hearty Breakfast Bowl

Fluffy oats and melted chocolate topped with toasted marshmallow and crunch



PREP
5 min

COOK
3 min

TOTAL
8 min

SERVES
1 bowl

CALORIES
415 kcal

Ingredients

- 50 g rolled oats
- 250 ml unsweetened almond milk
- 1 tsp vanilla extract
- 30 g chocolate whey protein powder
- 5 g graham cracker crumbs, broken into fine crumbs
- 10 g mini marshmallows
- 10 g chocolate chips
- 1 tsp honey, optional garnish

Instructions

1. Combine the base: Place the rolled oats, unsweetened almond milk, and vanilla extract in a microwave-safe bowl. Ensure the oats are fully submerged so they hydrate evenly.
2. Cook the oats: Microwave the mixture on high for 2 minutes 30 seconds. Stir the oats once halfway through to prevent the edges from drying out.
3. Thicken the texture: Remove the bowl carefully and stir until the mixture is frothy. Let it sit for 30 seconds to thicken, which ensures the base is sturdy enough for toppings.
4. Whisk in protein: Whisk in the chocolate whey protein powder until fully dissolved. Continue stirring until the oatmeal looks silky and smooth.
5. Layer the toppings: Sprinkle the graham cracker crumbs evenly over the surface. Scatter the mini marshmallows and chocolate chips across the crumb layer.

6. Melt the finish: Return the bowl to the microwave for an additional 30 seconds. This heat melts the marshmallows and chips into a gooey consistency.
7. Create the swirl: Gently stir the melted toppings into the oatmeal. Create a velvety, chocolate-marshmallow swirl throughout the bowl.
8. Garnish and serve: Transfer the oatmeal to a serving bowl or eat it directly from the kitchen bowl. You may add a drizzle of honey to finish.

Notes

What to serve with itAdd fresh berries or sliced banana for natural sweetness. You can also drizzle a spoonful of maple syrup or honey over the bowl for more moisture. To add a satisfying crunch, top the oatmeal with toasted almond slivers or chopped walnuts before serving the dish warm.

Storing and reheatingConsume this bowl within 2 hours for the best texture. Otherwise, refrigerate it promptly. Do not freeze the oatmeal. The oats lose their desired consistency in the freezer and the marshmallows freeze solid, which ruins the intended velvety swirl of the chocolate and marshmallow toppings.