

# GLAM PRO APPLE PIE OATS



## INGREDIENTS:

- 1 scoop Breakfast in Bed GLAM PRO Protein powder
- $\frac{1}{4}$  cup quick oats
- $\frac{1}{4}$ - $\frac{1}{2}$  cup unsweetened plant milk
- 1 small-medium size apple

## DIRECTIONS:

- 1) Preheat oven to 350° F
- 2) Core apple, scrape out some of the flesh and set aside
- 3) Mix 1 scoop of Breakfast in Bed GLAM PRO, quick oats, and milk. *Mixture should be medium thickness, add more milk or water if needed.*
- 4) Fill the apple with as much of the mixture as you can fit.
- 5) In an oven safe container mix the remaining oat mixture and apple flesh.
- 6) Place the stuffed apple on a baking dish and add enough water to cover the bottom of the pan.
- 7) Bake apple and the separate oat mixture for 20-30 minutes or until apple is easily pierced with a fork.

Enjoy!

Makes 1 Serving

Calories: 250 | Protein: 20 gm | Carbs: 36 gm | Fat: 3 gm