

Chilli

Servings: 2

Ingredients

- 1 cup rolled oats
- 3 scoops Collagen powder
- 2 cup almond milk
- 1 medium banana, mashed
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- pinch of salt



Instructions

1. Combine all ingredients into a small saucepan and turn heat to medium/high and stir.
2. Bring to a boil. Then, turn heat down to low/medium and continually stir for around 3-5 minutes as the oatmeal cooks and thickens.
3. Once oatmeal is at desired consistency, remove from heat.
4. Garnish with desired mix of nuts and dried or fresh fruits.
5. Serve while hot.