Protein Oatmeal Drink: Creamy Breakfast Shake

Blended rolled oats and whey protein for a smooth morning energy boost



PREP	TOTAL	SERVES	CALORIES
5 min	5 min	1 servings	580 kcal

Ingredients

- 100 g rolled oats
- 250 ml unsweetened almond milk
- 30 g whey protein powder
- 5 g ground cinnamon
- 15 ml maple syrup
- 80 g ripe banana, optional
- sea salt, pinch
- ml extra almond milk, for thinning

Instructions

1. Combine the ingredients: Place the rolled oats, almond milk, whey protein powder, cinnamon, sea salt, and maple syrup in a small mixing bowl. Add the ripe banana if you choose to use it. Mixing these first ensures the powder does not clump when it hits the blender.
2. Blend the mixture: Transfer the bowl contents into the blender and secure the lid. Blend on high for 30 seconds. You want the mixture to be completely smooth and free of oat lumps for a silky mouthfeel.
3. Pour the drink: Pour the resulting shake straight into a serving glass. Check that the liquid flows steadily without thick patches of unblended oats.
4. Adjust the thickness: Taste the shake to check the consistency. If it feels too thick, add a splash of extra almond milk and blend briefly for 5 seconds to emulsify the liquid.
5. Chill for texture: Cover the glass and place it in the refrigerator for 30 minutes. This allows the oats to absorb more fluid, which increases the thickness and integrates the flavours.

6. Serve the shake: Remove the drink from the fridge and stir it if necessary. Serve immediately while chilled to maintain the correct creamy structure.

Notes

What to serve with itDrizzle honey or agave nectar over the surface and add chia seeds for texture. You can also stir in almond butter or peanut butter to increase the healthy fat content. For a fresh finish, top the drink with sliced strawberries, blueberries or a sprinkle of toasted coconut for brightness.

Storing and reheatingHold the drink at room temperature for up to 2 hours. You can freeze it in airtight containers for up to 1 month. Thaw the container in the fridge overnight and stir the mixture well before serving to restore the creamy consistency and integrate the flavours.