



## Optimized Oatmeal - E or XO

*This simple oatmeal recipe gives you the bio-equivalency of 48 grams of lean body mass fueling protein to power your morning. It promotes muscle synthesis and prevents the negative protein by-products and weight gain that can sometimes occur with protein as we get older and lose insulin sensitivity. Research shows plentiful protein and clean carbs together are what ignite metabolisms (especially when eaten as the first meal of the day). Yours is about to spark!*

*There are two size options for this oatmeal. If you're a volume eater, perhaps you'll appreciate the volumized version, which gives you a huge bowlful of food plus an added dose of wonderful fiber - and all this without adding extra fuel for your body to burn. But note - the addition of Optimized Protein Powder often results in a more sustained sense of fullness after meals, so you may find you don't need "volumized" and can get filled up with the regular size. Completely up to you and your unique body.*

**Makes: Single-serve Standard or Single-serve Volumized**

### **INGREDIENTS STANDARD-SIZE: (Makes a regular-sized bowl of oatmeal.)**

- 1/3 - 1/2 cup old fashioned rolled oats or quick oats\*
- 1 cup water
- 1 or 2 doonks TH Pure Stevia Extract Powder (or other on-plan sweetener to taste)
- 3 Tbs. TH Optimized Plant Protein
- Ground cinnamon and TH Gentle Sweet for sprinkling
- Your fave toppings\*
- Optional unsweetened nut milk for topping\*

### **INGREDIENTS VOLUMIZED-SIZE: (Makes a very large bowl of oatmeal.)**

- 1/3 - 1/2 cup old fashioned rolled oats or quick oats\*
- 1 1/2 - 2 cups water
- 1 - 2 doonks TH Pure Stevia Extract Powder (or other on-plan sweetener to taste)
- 3 Tbs. TH Optimized Plant Protein
- 1/2 - 1 tsp. TH Whole Husk Psyllium Flakes
- Optional 1/3 - 1/2 cup frozen cauliflower rice
- Ground cinnamon and TH Gentle Sweet for sprinkling
- Your fave toppings\*
- Optional unsweetened nut milk for topping\*

*Continued...*

### *Optimized Oatmeal, Continued...*

#### **DIRECTIONS:**

1. Put oats, water and sweetener in a small saucepan set to high. (If making the volumized version, include psyllium, optional cauliflower rice and the Optimized Protein Powder.)
2. Bring to a boil, turn down heat, and cook (stirring frequently) for 2 - 4 minutes or until your desired thickness.
3. Pour cooked oats into bowl and then add Optimized Protein Powder. if you haven't already. Stir in well until oats are creamy and no powder clumps are visible.\*
4. Sprinkle oats with generous cinnamon and Gentle Sweet, and then top with your faves such as: \*fresh or frozen berries, chopped fruit, dried gojis, cacao nibs, nut or seed butters (or nuts or seeds) and an optional small drizzle of raw honey - if having THM E-style, keep the cacao nibs and nuts or seeds and their butters to small amounts, up amounts of these fats if having a THM XO.
5. Finally, top with almond milk if desired.

#### **RECIPE NOTES:**

- ★ Sprouted oats are an excellent option health-wise, but if you love convenience, you can simply rip open a plain packet of instant oats and put that in the saucepan. Better Oats Brand (their Bare version) is a good organic option that works extremely well with this recipe.
- ★ Another way to enjoy this optimized protein powder is to not stir it into the cooked oats but rather stir it into 1/2 cup almond milk for topping. This is up to you and your preferences.

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