

Trim Healthy  
W I S D O M

## Nested Oats (E or XO)

This oatmeal has a succulent liquid nest for the oats to sit in and is topped with a cinnamon-sweet sprinkling that sets it off perfectly. If you haven't loved Optimized Plant Protein in your oatmeal before, we predict you will come to love it this way. It allows your oats to taste like oats while your protein-rich, liquid nest enhances the experience rather than taking over the flavor profile.

Single Serving

### INGREDIENTS:

#### For the Nest

- 3 Tbs [TH Optimized Plant Protein](#)
- 2 Tbs water
- 3 Tbs unsweetened almond milk
- 1 doonk [TH Pure Stevia Extract Powder](#)

#### For the Oatmeal

- 1/3 cup old-fashioned rolled oats
- 1 tsp [TH Whole Husk Psyllium Flakes](#)
- 1 1/4 cups water

#### For the *Cinnamon-Sweet Sprinkling*

- 1 Tbs [TH Gentle Sweet](#)
- cinnamon (very generous sprinkle)

Your choice of *Standard Toppings*



### INSTRUCTIONS:

1. Make the Nest: Put all nest ingredients into a breakfast bowl and stir well with a fork.
2. Make the Oatmeal: Combine all the oatmeal ingredients in a small saucepan set to high and stir well. Bring to a quick boil, stir again, then turn to low and let simmer for just a couple of minutes. Remove from heat and stir once again.

3. Place the cooked oat mixture in the nest. Don't stir the oatmeal in; just let it rest in the nest then add the *Cinnamon-Sweet Sprinkling*.
4. Top with your choice of *Standard Toppings*.

#### Protein Nerd Notes:

You are all set with a full 3-gram leucine bolus plus plenty of other essential amino acids in this recipe to protect and boost your lean body mass.

If preferred, you can use another protein powder in the same nested fashion but do aim for a 2–3-gram leucine bolus if you can.

An alternative is to use just 1½ Tbs of the [TH Optimized Plant Protein](#) in the nest if you desire a less hempy flavor and use a full serving of [TH Optimized Collagen](#) in your coffee for your Protein Nerd Level 3 sufficiency.