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## Microwave "Baked" Berry Oatmeal Cobbler

### **Ingredients:**

Instant, uncooked oats, 1/2 cup  
Egg, 1  
Milled flaxseed, 1 tbsp  
Unsweetened almond milk, 1/3 cup  
Raw honey, 2 tsp, or 1 g Stevia  
Fresh or frozen blueberries, 1/3 cup  
Coconut oil, 1 spray  
Cinnamon, 1 dash

**Protein Boost:** Add 1/2 scoop of vanilla Cellucor Cor-Performance Whey and a few more tablespoons of almond milk to ensure it doesn't dry out when cooking.

### **Directions:**

1. Spray the inside of a tall coffee mug with coconut oil.
2. Combine the oatmeal, flaxseed, cinnamon, almond milk, egg, and raw honey or Stevia in the mug.
3. Toss in fresh or frozen blueberries and gently mix together.
4. Place the mug in the microwave for 3 minutes, but check it after 2 minutes of cooking to ensure it doesn't bubble over and make a mess.
5. Use caution when handling; it'll be pretty hot. Enjoy the oatmeal by itself or with milk, Greek yogurt, or almond butter.