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Calum von Moger's Supercharged Oatmeal Bowl

Ingredients:

1/2 cup quick oats
1 cup water
1/2 cup frozen berries
3 tablespoons yogurt
1 tbsp honey
Sprinkle of cinnamon

Directions:

1. Cook oatmeal in a pot of boiling water.
2. Put berries in the microwave for 1 minute to soften.
3. Stir yogurt into the oatmeal, then stir in the blueberries and honey. Sprinkle with cinnamon before serving.