

WHAT IS IT SUITABLE FOR

Ideal as a hot and cold breakfast for the most intense workouts, which will provide us with the necessary energy to perform at 100%.

INGREDIENTS

Oatmeal flakes
Egg whites
Cinnamon
Grated coconut
Banana
Water
Salt

QUANTITY/UNIT

50gr.
100gr.
To your liking.
10gr.
1 unit.
200ml.
1 pinch.



ELABORATION

In a small saucepan over low heat add the oats, water, cinnamon and salt and stir slowly. Once the mixture begins to thicken, add the egg whites while stirring gently for 5 min. When we have achieved the desired texture and the whites have been cooked for 5 min. We will serve it in a bowl where we will finally add the cut banana and the grated coconut.