



VANILLA COLLAGEN LATTE OATMEAL

Collagen-Rich / Gluten Free

Recipe by Sari (@feed.your.soul.sari)
and featured on MariGoldBars.com

INGREDIENTS: (serves 1)

- 1/2 cup rolled oats
- 1/2 tsp salt
- 1/4 tsp cinnamon
- 2 scoops MariGold Vanilla Collagen Latte High Protein Coffee
- 1 tsp vanilla extract
- 1 cup water (or milk if preferred)

Toppings:

- Crunchy peanut butter
- Greek yogurt
- Orange slices
- Cherries
- Pomegranate seeds
- Hemp seeds
- Date syrup



DIRECTIONS:

1. Combine together all ingredients except the MariGold Vanilla Collagen Latte powder in a pot.
2. Heat on medium, stirring occasionally, for 6 minutes until the water is absorbed and the oats are thick.
3. Remove from heat, and stir in the Vanilla Collagen Latte powder.
4. Pour oatmeal into a bowl and add your toppings!
5. Enjoy your protein packed, caffeine fueled bowl of oats!

Featuring MariGold
Vanilla Collagen Latte
High Protein Coffee
(MariGoldBars.com)

