

Chocolate and Orange Protein Oats



As a chocolate and citrus lover, this protein-packed hot oatmeal recipe quickly became a staple in my busy mornings! It perfectly combines the intense flavour of cocoa, the freshness of orange and the crunch of pistachios. A nourishing breakfast, rich in fibre and protein, ideal for starting the day right and approved by our dietitians. For more practical ideas, take a look at our [tips to increase protein at breakfast](#).

Preparation 5 min
Cooking 5 min
Servings 2
Nutrition Facts (per serving)
Calories 365
Fat 8
Carbohydrates 52
Fibre 6
Protein 21
Sodium 180

Ingredients

- 185 ml ($\frac{3}{4}$ cup) high-protein milk, 2% M.F. (NatrePlus type)
- 125 ml ($\frac{1}{2}$ cup) water
- 160 ml (? cup) rolled oats*
- 45 ml (3 tbsp) skim milk powder (or protein powder of choice)

- 30 ml (2 tbsp) maple syrup
 - 15 ml (1 tbsp) ground flax seeds
 - Zest of ½ orange
 - 20 ml (4 tsp) orange juice (¼ orange)
 - 5 ml (1 tsp) vanilla extract
 - 1 pinch salt
-
- 60 ml (¼ cup) plain 0% Greek yogurt
 - 15 shelled pistachios, chopped

Preparation

1. In a small saucepan**, add the rolled oats, protein milk, water, milk powder, cocoa, maple syrup, flax seeds, orange zest and juice, vanilla extract and salt.
2. Heat over medium heat, stirring frequently, until it comes to a gentle boil.
3. Reduce heat and cook for 2 to 3 minutes, stirring, until the oatmeal thickens.
4. Transfer to two bowls. Top each with 2 tbsp of yogurt and chopped pistachios. Serve hot.

Notes

Keeps for 3 days in the refrigerator in an airtight container.

*For a gluten-free recipe, be sure to choose certified gluten-free oat flakes.

**The oatmeal can also be cooked in the microwave. Cook for 2 minutes, stir, then continue cooking for 1 to 2 minutes, or until thickened. Watch closely to prevent overflow.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City