

Pearla's Oatmeal Muffin

½ Cup Old Fashion Oat Meal
2 Tbsp Vanilla Protein Shake (Herbalife)
3 Egg Whites
½ tsp. Cinnamon
2 Tbsp Blueberries

Mix together in small 3-4" container
(custard dish)
Microwave for 2 minutes



Amount Per Serving

Calories – 269
Fat 3g
Carbs 32g
Protein 25g