

# Protein WeatBix



Calories	246
Carbs	28g
Fat	6g
Protein	18g
Fiber	7g
Net carbs	20g
Sodium	101mg



**Weatbix**

**2 Biscuits**



**Protein powder (of choice)**

**1/2 Scoop**



**Coconut milk**

**1 cup**

## Step1

Add Weatbix and milk to a bowl and sprinkle protein powder on and enjoy!