

High Protein Hot Cereal

2 tablespoons flax seed meal

¼ cup boiling water

1 tablespoon peanut butter

1/8 teaspoon cinnamon

Pour boiling water over flax seed meal and stir well. Stir in peanut butter and cinnamon. Let thicken for 1-2 minutes. Makes 1 serving.

Nutrition information per serving: 176 calories, 7 grams protein, 15 grams fat, and 7 grams carbohydrate. Note: although a higher fat food, most of the fat is from heart-healthy mono unsaturated fat and will keep you satisfied.