



## Pre Workout Bowl

### Ingredients:

- 1 serving Cream of Rice
- 1 tbsp Almond Butter
- 1.5 scoops Legion Whey+ protein (chocolate peanut butter)
- 1 tbsp unsweetened Hershey Chocolate Syrup
- 10 oz water
- Cinnamon
- 50 grams sliced Banana

### Directions:

**Step 1** – measure out 1 serving Cream of Rice (can use more or less but adjust water accordingly), add some sea salt (optional but recommended,) and water. Now stir.

**Step 2** – follow the instructions if cooking in a microwave or stove top. I personally use microwave because its quick and easy. So we put our bowl in the microwave for 1 minute, take it out and stir, repeat until you get a consistency you are happy with or you see the Cream of Rice starting to rise (take it out once you see that happen, its ready)

**Step 3** – Now we add in our Legion Whey+ protein powder ! Use any flavor you like: Cinnamon Cereal , Salted Caramel , Dutch Chocolate, Chocolate Peanut Butter etc. (I will post a link below.) I use 1.5 scoops. Mix in the protein powder thoroughly.

**Step 4** – since our bowl is pretty hot at the moment this is a great time to add in our Almond Butter (peanut butter is also cool to use.) Creamy or chunky butter, doesn't matter. Once we add it into the hot mixture its melts into this awesome gooeyness 😊 !

**Step 5** – slice up your banana and top off the bowl. I'm using 50grams here but feel free to adjust to meet your macros !

**Step 6** – this is optional but I like to add 1 tbsp of unsweetened Hershey's Chocolate Syrup and then sprinkle on some cinnamon (cinnamon is great for insulin sensitivity.)

**Note\*** Feel free to adjust the serving sizes of ingredients to meet your macronutrient needs! The great thing about this bowl is that even if we use just half a serving for Cream of Rice it will still be a voluminous, delicious, easy digesting meal that will ensure a great workout and awesome pump 😊

Macros should be tailored to an individual, just like your diet or training plan. For athletes and bodybuilders, carbs can be used **strategically** and will help **optimize** recovery, exercise performance, hormones, muscle growth and more.