

# PEScience Select Protein 4 Oats – Enhance Your Breakfast

written by Mike Roberto | August 24, 2017



PEScience has developed a protein powder specifically designed to be used in conjunction with your morning bowl of oatmeal.

Oatmeal is a breakfast staple for many, and in the fitness community, it's continued to be a cornerstone of morning to this day. Remember ripping open those packet of your favorite flavor of instant oatmeal and enjoying a piping hot breakfast before you're off to school?

Now as an adult, you've probably upgraded to bulk rolled oats or even the occasional slow-cooking steel-cut oats, and many of us add a heaping scoop of protein powder to up the protein count and enhance the flavor. "Proats", as we call it!

Unfortunately, we've all had those occasions when a clumpy protein powder just doesn't mix right in oatmeal or didn't deliver on the flavor for whatever reason. Well, **PEScience** is making your daily serving of proats tastier and easier with the release of **Select Protein 4 Oats**, a protein powder *specifically* designed to be added to oats!

We've got all the details just ahead, but before we get there, take a moment to check the best deal and sign up for alerts from PricePLOW:

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## Mike's Select Protein4Oats Review

This stuff is way more for real than we ever imagined!!

## Select Protein 4 Oats Ingredients

Select Protein 4 Oats is pretty simple when you get down to it. It's the same great tasting protein blend you've come to know and love from PES, with the addition of some other unique flavoring components to deliver a product that is sure to become a staple of oat lovers of all kinds.

- **Select Protein Blend**

# Supplement Facts

Serving Size 1/4 Cup Scoop (22.4 g)

Servings Per Container 12

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## Amount Per Serving

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Calories 80

Calories from Fat 15

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% Daily Value \*

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**Total Fat** 1.5 g

2%

Saturated Fat 0 g

0%

Trans Fat 0 g

**Cholesterol** 15 mg

5%

**Sodium** 330 mg

14%

**Total Carbohydrate** 3 g

1%

Dietary Fiber 0 g

Sugars 2 g

**Protein** 15 g

30%

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Vitamin D 0%

Calcium 14%

Iron 0%

Potassium 2%

Vitamin A 1%

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**Ingredients:** Select Protein Blend (Milk Protein Isolate [comprised of casein protein and whey protein], Whey Protein Concentrate 80%), Peanut Flour, Granulated Honey (cane syrup, honey), Salt, Sucralose, Acesulfame Potassium.

Contains peanuts, milk and soy ingredients.

Protein 4 Oats uses the same protein blend as found in the incredibly popular and delicious tasting Select Protein.

PES has ported over it's familiar protein blend from its well known PES Select Protein. The blend is comprised of milk protein isolate and whey protein concentrate 80% (WPC-80). Milk protein provides a best of both worlds in terms of taste, texture, and digestibility rate for proteins since it contains roughly 80% casein protein and 20% whey protein, give or take. Plus, blends have been shown to be superior to single source proteins in terms of mTOR signaling and muscle protein synthesis.[1,2]

WPC-80 is one of the best quality whey concentrates you can have in a protein

powder; it's 80% protein by weight, meaning there's less carbs, lactose, and fat than in lower grade whey concentrates like WPC-35. This helps keep the protein content high and carb / fat count lower in Protein 4 Oats.

### **Whey protein at breakfast helps with weight loss**

Oats for breakfast alone is simply not enough – we need protein! A study that dieters who consumed a whey protein shake before breakfast lost more weight than the control group, also sparing more muscle tone![5]

With Select Protein 4 Oats, you can combine the two and keep more of that muscle tissue while dieting – but having some of the protein replace some of the carbs in your diet will help balance your macronutrients for the better.

- **Peanut Flour**

Peanut flour is a flour made from pulverized peanuts.[3,4] Following whole peanut demolition, the bits are defatted, and what's left is a fine powder that is high in protein, and low in fat. Peanut flour is great in baked goods, shakes, waffles, and oatmeal, which is why it's included in here. It can even be mixed with water to make a lower-cal protein powder should you be dieting but don't want to give up your favorite flavored nut butter.

- **The Rest**



Morning oatmeal just got a much needed flavor upgrade.

The rest of Select Protein 4 Oats blend contains the usual host of ingredients found in other protein powders – **salt**, **sucralose**, and **acesulfame potassium**, but there's also the addition of **granulated honey**. This honey probably lends a unique flavor and different type of sweetness that's not achieved with non-nutritive sweeteners like Ace-K or sucralose.

## Macros

Each serving of Select Protein 4 Oats weighs 22.4g and contains the following macros:

- **Calories:** 80
- **Protein:** 15g
- **Carbs:** 3g (2g sugar)
- **Fats:** 1.5g (0g saturated)

*Note: Your final macros will of course depend on how many oats and if you use milk or water.*

## Flavors Available



PES Athlete Marie Wold is all smiles over the Protein 4 Oats...will the public be as pleased with the product?

PES is known for their phenomenal flavoring, and they developed a special flavoring system for Select Protein 4 Oats that mimics **three quintessential oatmeal favorites:**

## Takeaway

Finally, some protein made for oats from a company that seriously knows how to flavor their protein!

Select Protein 4 Oats may seem unnecessary to some of you, but once you buy a protein that just doesn't mix in oats, you'll understand. In truth, you could keep risking it, but if you're willing to have an extra bag in the pantry,

PEScience has done the hard work for you. Save your *other* protein powder for water or milk and stop wasting it on clumpy oats!

With a dedicated flavoring and mixing system that *designed* with oats in mind, Protein 4 Oats is for those of us who want our two favorite foods to come together properly, delivering a superior breakfast experience.

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Check out all three flavors!

## References

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