



Blueberry Baked Protein Oatmeal

SERVINGS: 6

PREPPING TIME: 10 MINS

COOKING TIME: 35-40 MINS

INGREDIENTS

- 2 cups old-fashioned rolled oats
- 1/2 cup vanilla protein powder
- 2 cups almond milk
- 1/4 cup peanut butter, or any nut butter
(almond butter)
- 2 large eggs
- 3 tbsp. maple syrup
- 1 tbsp. coconut oil, melted
- 1 tsp. vanilla
- 1/4 tsp. salt
- 1/2 cup fresh blueberries, plus more for
topping
- nut butter, for drizzling on top

DIRECTIONS

1. Preheat your oven to 375°F and generously coat an 8-inch square baking dish with cooking spray.
2. In a large bowl, combine oats, protein powder, almond milk, peanut butter, eggs, maple syrup, coconut oil, vanilla, and salt. Mix well and leave aside for 10 minutes to allow the oats to soak in the liquid.
3. Gently fold in the blueberries and carefully transfer the oatmeal mixture into the prepared baking dish. Sprinkle additional blueberries on top.
4. Bake for 35-40 minutes or until the center is firm. Once done, remove from the oven and allow it to cool for a few minutes. Cut into portions and serve with a drizzle of your favorite nut butter. Enjoy!

NUTRITION

Serving size: 1 (164g)
(per serving) 310 calories, 12g fat, 5g saturated fat, 70mg cholesterol, 240mg sodium, 37g carbohydrate, 4g fiber, 13g sugar, 15g protein