

# Blueberry Protein Baked Oats

Web Recipe · Dessert · GF

310 cal · 20g protein · 42g carbs · 7g fat · 2 servings

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## Ingredients

- 1 cup rolled oats
  - 1 scoop vegan vanilla protein powder
  - 1 ripe banana mashed
  - 3/4 cup unsweetened almond milk
  - 1 tbsp maple syrup
  - 1/2 tsp baking powder
  - 1/2 tsp cinnamon
  - 1/2 cup fresh or frozen blueberries
  - 1 tbsp hemp seeds
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## Instructions

1. Preheat oven to 375°F (190°C). Grease an oven-safe baking dish.
  2. In a bowl, mash the banana. Add almond milk and maple syrup, stir to combine.
  3. Add rolled oats, protein powder, baking powder, cinnamon, and salt. Mix well.
  4. Fold in blueberries and hemp seeds.
  5. Pour into the prepared baking dish and spread evenly.
  6. Bake 25-30 minutes until set and golden on top.
  7. Let cool 5 minutes before serving. Great warm or cold.
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Generated by Meal Planner · Per serving macros