

Chocolate Chip Baked Oats Without Banana



Priscilla Lawrence

These blended chocolate chip baked oats without banana are so easy to make, nutritious, filling and delicious!

★★★★★ 5 from 4 votes



Prep Time		Cook Time		Total Time	
5 mins		25 mins		30 mins	
Course		Cuisine		Servings	
Breakfast		American		2 servings	
Calories					
380.3 kcal					

EQUIPMENT

- blender
- spatula
- spray cooking oil
- 2 ramekins 6-8 ounces
- small baking sheet

INGREDIENTS

- 1 cup rolled or old-fashioned oats
- 1 egg
- ½ cup almond milk *or milk of choice*
- ⅓ cup vanilla non-fat greek yogurt *or low fat*
- 1 tablespoon almond butter *or nut butter of choice. Plus extra for topping optional.*

- 2 teaspoons vanilla extract
- 1 teaspoon baking powder
- 1 pinch salt
- 1 teaspoon brown sugar *or maple syrup, honey, or sweetener of choice*
- 2 tablespoons chocolate chips *divided in 2. Dark, semi-sweet, sugar free or any of choice. More or less to taste*

INSTRUCTIONS

- 1 Preheat oven to 355° Fahrenheit.
- 2 Add all the ingredients except the chocolate chips into blender.
- 3 Blend for a few seconds until smooth, don't over-blend. Let rest for a couple minutes.
- 4 Add half the chocolate chips and stir them in.
- 5 Spray the 2 ramekins with a tad of cooking oil. Place them on a baking sheet, then pour the mixture in. Top with the rest of the chocolate chips, bake for 20 to 25 minutes or until a toothpick inserted in the middle comes out clean or with just a few crumbs.
- 6 Remove from oven, let cool for a couple minutes, then top with toppings of choice such as extra nut butter or berries. Enjoy!

NOTES

- **Cooking time will vary** by a few minutes. Check at the 20 minute mark or a little before.
- **Leftovers** can be stored refrigerated covered for up to 3 days.

**The nutritional values shown in this recipe are approximate for one suggested serving size using the ingredients listed but not including any optional items and may vary per actual preferred portion sizes.*

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