# **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!





Prep Time 5 mins

Cook Time 25 mins

**Total Time** 30 mins



Course **Breakfast** 

Cuisine American

Servings 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
- 1/3 cup vanilla non-fat greek yogurt or low fat
- 1 tablespoon almond butter or nut butter of choice. Plus extra for topping optional.

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- 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**

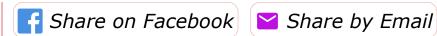
- **Cooking time will vary** by a few minutes. Check at the 20 minute mark or a little before.
- Leftovers can be stored refrigerated covered for up to 3 days.

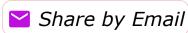
\*The nutritional values shown in this recipe are approximate for one suggested serving size using the ingredients listed but not including any optional items and may vary per actual preferred portion sizes.

# Have you made this recipe?

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