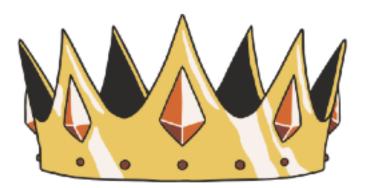# OAuth 2.0

Properties:
- Token-based access to resources
- Delegated authorization
- Limited scope access
- Resource access w/out sharing credentials
- Standard flows for different scenarios

Recommended for:
- Delegated authorization not authentication

OpenID Connect

Properties:
- Returns signed JWT ID tokens
- Contains standardized user claims
- Provides UserInfo endpoint
- Supports discovery via well-known endpoints
- Facilitates single sign-on (SSO)
- Enables token validation without server calls

Recommended for:
- Single sign-on (SSO), Mobile and web app login