



BAKED OATMEAL

Warm, comforting, and protein-packed baked oatmeal recipes for a satisfying breakfast.

5 Macro-Verified Recipes

ProteinOatmeal | proteinoatmeal.co

WHAT'S INSIDE

1. Chocolate Peanut Butter Baked Oatmeal	28g protein
2. Recipe Title 3	23g protein
3. Recipe Title 5	20g protein
4. Recipe Title 7	22g protein
5. Recipe Title 9	24g protein

Combined Shopping List
Pro Tips

Chocolate Peanut Butter Baked Oatmeal

28g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 6 servings

Difficulty: Easy

420

CALORIES

28g

PROTEIN

45g

CARBS

18g

FAT

INGREDIENTS

160g rolled oats

60g chocolate whey protein powder

30g peanut butter powder

10g unsweetened cocoa powder

5g baking powder

240ml unsweetened almond milk

1 large egg

60g natural peanut butter

30g chocolate chips

INSTRUCTIONS

- 1 Preheat your oven to 180°C (350°F) and grease a baking dish.
- 2 In a large bowl, combine the rolled oats, chocolate whey protein, peanut butter powder, cocoa powder, and baking powder.
- 3 In a separate bowl, whisk together the almond milk and egg. Then, stir in the natural peanut butter.
- 4 Pour the wet ingredients into the dry ingredients and mix until just combined. Fold in the chocolate chips.
- 5 Pour the mixture into the prepared baking dish and bake for 20-25 minutes, or until set.
- 6 Let it cool slightly before cutting into squares and serving.

Recipe Title 3

23g

Prep: 10 min Cook: 15 min Total: 25 min Yield: 1 serving Difficulty: Medium

315
CALORIES

23g
PROTEIN

33g
CARBS

13g
FAT

INGREDIENTS

100g ingredient 3

50g ingredient 4

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

Recipe Title 5

20g

Prep: 10 min Cook: 15 min Total: 25 min Yield: 1 serving Difficulty: Medium

325

CALORIES

20g

PROTEIN

35g

CARBS

11g

FAT

INGREDIENTS

100g ingredient 5

50g ingredient 6

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

Recipe Title 7

22g

Prep: 10 min Cook: 15 min Total: 25 min Yield: 1 serving Difficulty: Medium

335

CALORIES

22g

PROTEIN

37g

CARBS

13g

FAT

INGREDIENTS

100g ingredient 7

50g ingredient 8

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

Recipe Title 9

24g

Prep: 10 min Cook: 15 min Total: 25 min Yield: 1 serving Difficulty: Medium

345

CALORIES

24g

PROTEIN

39g

CARBS

11g

FAT

INGREDIENTS

100g ingredient 9

50g ingredient 10

INSTRUCTIONS

- 1 Detailed instructions for step 1
- 2 Detailed instructions for step 2
- 3 Detailed instructions for step 3
- 4 Detailed instructions for step 4
- 5 Detailed instructions for step 5

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 160g rolled oats
- ☐ 60g chocolate whey protein powder
- ☐ 30g peanut butter powder
- ☐ 10g unsweetened cocoa powder
- ☐ 5g baking powder

DAIRY & EGGS

- ☐ 240ml unsweetened almond milk
- ☐ 1 large egg
- ☐ 60g natural peanut butter

SWEETENERS & FLAVORINGS

- ☐ 30g chocolate chips

OTHER

- ☐ 100g ingredient 3
- ☐ 50g ingredient 4
- ☐ 100g ingredient 5
- ☐ 50g ingredient 6
- ☐ 100g ingredient 7
- ☐ 50g ingredient 8
- ☐ 100g ingredient 9
- ☐ 50g ingredient 10

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit proteinoatmeal.co for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified oatmeal recipes recipes, interactive ingredient substitutions, and more free recipe packs.

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