When using both Google’s Oauth2 and their app password sign in methods I learned a couple of things. When it comes to security, I would give it to googles Oauth2. This is because instead of using a onetime password that works forever, you have to sign in to get the credentials. While you can store the credentials on your computer giving some sort of risk, that is not a mandatory step to make it work. For ease of use I will give that to the app password method. While the google Oauth2 wasn’t to complex the app password added only 1 extra step in getting the one-time password from your account.