



## Chocolate Baked Oats

2 servings

30 minutes

### Ingredients

2 milliliters Coconut Oil  
61 grams Oats  
180 milliliters Oat Milk  
40 grams Maple Syrup  
1 Egg  
2 grams Sea Salt  
1 gram Baking Powder  
4 grams Cocoa Powder  
24 grams Chocolate Protein Powder  
(optional)  
65 grams All Natural Peanut Butter  
(divided)

### Directions

- 1 Preheat the oven to 350°F (177°C). Grease ramekins with the oil.
- 2 In a blender, combine the oats, milk, maple syrup, egg, salt, baking powder, cocoa powder, protein powder, and half the peanut butter. Blend on high until very smooth, about one minute.
- 3 Divide the mixture evenly between the ramekins and bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly, top with additional peanut butter and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** These were made in 8-ounce (120-mL) ramekin dishes. One ramekin is one serving.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder.

**Additional Toppings:** Chocolate chips, nuts, and/or seeds.