

# Chocolate Baked Oats

10 ingredients · 30 minutes · 2 servings



## 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.

## Ingredients

- 1/2 tsp Coconut Oil
- 3/4 cup Oats
- 3/4 cup Oat Milk
- 2 tbsps Maple Syrup
- 1 Egg
- 1/4 tsp Sea Salt
- 1/4 tsp Baking Powder
- 2 tsps Cocoa Powder
- 1/4 cup Chocolate Protein Powder (optional)
- 1/4 cup All Natural Peanut Butter (divided)