



Nicole Osinga

Baked Oats

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Nicole Osinga  
nicoleosinga@gmail.com

### Fruits

- 2 cups Apples
- 6 1/2 Banana
- 1 cup Blueberries
- 1 Lemon

### Breakfast

- 2 tbsps All Natural Peanut Butter
- 3/4 cup Maple Syrup

### Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 1 1/8 tbsps Cinnamon
- 1 tsp Nutmeg

### Frozen

- 1 cup Frozen Berries

### Vegetables

- 1 tsp Ginger

### Baking

- 1 tbsp Blackstrap Molasses
- 1 tsp Cocoa Powder
- 1 tbsp Dark Chocolate Chips
- 8 3/4 cups Oats
- 1/3 cup Pureed Pumpkin
- 1 tsp Sprinkles
- 1 1/2 tbsps Vanilla Extract

### Cold

- 8 1/8 cups Soy Milk

### Other

- 2 tbsps Chocolate Protein Powder
- 3/4 cup Protein Powder
- 2 1/8 cups Vanilla Protein Powder



## Pumpkin Baked Oatmeal

1 serving  
35 minutes

### Ingredients

1/2 cup Oats  
1/3 cup Pureed Pumpkin  
1/3 cup Soy Milk  
1 tsp Maple Syrup  
1/2 tsp Vanilla Extract  
2 tbsps Vanilla Protein Powder  
1/2 tsp Cinnamon  
1 tbsp Dark Chocolate Chips

### Directions

- 1 Mix together the ingredients for the baked oats in a small oven safe ramekin. Top with chocolate chips.
- 2 Bake for 35 minutes at 350 F.
- 3 Let cool for 10 minutes before serving. Enjoy!

### Nutrition

Amount per serving	
Calories	375
Fat	9g
Carbs	53g
Fiber	8g
Sugar	17g
Protein	19g
Cholesterol	2mg
Sodium	65mg
Vitamin A	12714IU
Vitamin C	3mg
Calcium	219mg
Iron	4mg



## Berry Protein Baked Oats

4 servings  
30 minutes

### Ingredients

2 Banana  
1 1/2 cups Soy Milk  
1 tsp Vanilla Extract  
2 cups Oats  
3/4 cup Protein Powder  
1 tsp Cinnamon  
1 tbsp Chia Seeds  
1 cup Frozen Berries

### Nutrition

Amount per serving	
Calories	348
Fat	5g
Carbs	53g
Fiber	9g
Sugar	15g
Protein	23g
Cholesterol	3mg
Sodium	75mg
Vitamin A	40IU
Vitamin C	15mg
Calcium	254mg
Iron	3mg

### Directions

- 1 Preheat oven to 350 F.
- 2 Mash one banana in a large bowl then add in the rest of the wet ingredients and mix well. Add in your dry ingredients and mix again until combined.
- 3 Transfer into greased ramekins.
- 4 Top with your fresh or frozen berries.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!



## Gingerbread Baked Oats

4 servings  
40 minutes

### Ingredients

2 Banana (mashed)  
2 cups Oats  
2 cups Soy Milk  
1/2 cup Vanilla Protein Powder  
1/4 cup Chia Seeds  
1/4 cup Maple Syrup  
1 tbsp Blackstrap Molasses  
1 tsp Cinnamon  
1 tsp Ginger  
1 tsp Nutmeg  
1 tsp Sprinkles  
1 tsp Vanilla Extract

### Directions

- 1 Preheat the oven to 375 degrees. In a mixing bowl, add banana first and mash with fork. Add all of the ingredients except the sprinkles. Mix everything together and allow the batter to sit for 10 minutes, to allow the oats to absorb some moisture.
- 2 Divide the oats between 4 greased ramekins/bowls and smooth into an even layer. Top with sprinkles. Bake for 25-30 minutes.
- 3 Remove baked oats from oven and allow to cool 5 minutes before enjoying.

### Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	71g
Fiber	11g
Sugar	28g
Protein	21g
Cholesterol	2mg
Sodium	87mg
Vitamin A	40IU
Vitamin C	5mg
Calcium	360mg
Iron	4mg



## Apple Pie Oatmeal Bake

4 servings  
45 minutes

### Ingredients

2 cups Oats  
3/4 cup Vanilla Protein Powder  
2 cups Soy Milk (or any dairy-free milk)  
2 Banana (mashed)  
3 tbsps Maple Syrup  
1 tsp Vanilla Extract  
1 tsp Cinnamon  
2 cups Apples (chopped)

### Nutrition

Amount per serving	
Calories	405
Fat	5g
Carbs	69g
Fiber	9g
Sugar	26g
Protein	24g
Cholesterol	3mg
Sodium	93mg
Vitamin A	89IU
Vitamin C	51mg
Calcium	299mg
Iron	3mg

### Directions

- 1 Preheat oven to 375°F and grease an oven-safe bowl.
- 2 In a large bowl, mix together all of the ingredients except apples.
- 3 Stir in the chopped apples and carefully pour oatmeal mixture into the baking dishes. Top with additional apples and cinnamon.
- 4 Bake for 25-30 minutes. Enjoy!



## Lemon Blueberry Baked Oats

4 servings

30 minutes

### Ingredients

2 cups Oats  
 2 cups Soy Milk  
 1/4 cup Maple Syrup  
 1 Lemon (large, juiced)  
 1 tsp Vanilla Extract  
 1 tbsp Chia Seeds  
 3/4 cup Vanilla Protein Powder  
 1 cup Blueberries (plus extra for garnish)

### Nutrition

Amount per serving	
Calories	362
Fat	6g
Carbs	55g
Fiber	7g
Sugar	21g
Protein	24g
Cholesterol	3mg
Sodium	92mg
Vitamin A	21IU
Vitamin C	8mg
Calcium	299mg
Iron	3mg

### Directions

- 1 Preheat the oven to 350°F (175°C) and grease a small oven-safe meal prep container.
- 2 Add the oats, soy milk, maple syrup, lemon juice, vanilla, chia seeds and protein powder to the bowl. Mix to combine. Fold in the blueberries. Add lemon rind on top.
- 3 Bake for 25 to 30 minutes or until cooked through. Remove from the oven and let it cool for ten minutes. Enjoy!

### Notes

**Leftovers:** Cover the dish and refrigerate for up to four days. Eat it cold or heat it up.

**Serving Size:** One serving is equal to one square piece. An 8 x 8-inch baking dish was used to make four servings.

**More Flavor:** Before baking, mix in some lemon zest.

**Additional Toppings:** Yogurt, maple syrup, lemon zest, cinnamon, berries, sliced almonds, other nuts and seeds.

**Dairy-Free:** Use an alternative milk.



## Chocolate PB Baked Oats

1 serving  
30 minutes

### Ingredients

1/3 cup Oats  
1/3 cup Soy Milk  
1 tbsp Maple Syrup  
1/2 Banana (mashed)  
1 tbsp Chia Seeds  
1 tsp Cocoa Powder  
2 tbsps Chocolate Protein Powder  
2 tbsps All Natural Peanut Butter

### Nutrition

Amount per serving	
Calories	537
Fat	24g
Carbs	63g
Fiber	11g
Sugar	26g
Protein	25g
Cholesterol	2mg
Sodium	69mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	289mg
Iron	4mg

### Directions

- 1 Preheat the oven to 350°F (177°C). Grease ramekins with the oil.
- 2 Mix together all of the ingredients. Divide the mixture evenly between the ramekins. Drizzle half of the peanut butter on top.
- 3 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 if desired 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.