



Nicole Osinga

Protein Oatmeal Cups

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Fruits

- 2 Banana

Breakfast

- 3/4 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup
- 1/3 cup Strawberry Jam

Seeds, Nuts & Spices

- 3/4 cup Chia Seeds
- 2 tbsps Cinnamon
- 1/3 cup Hemp Seeds
- 1/3 cup Pumpkin Seeds
- 1/4 cup Walnuts

Frozen

- 1/2 cup Frozen Berries
- 1/2 cup Frozen Cherries

Baking

- 2 tbsps Baking Powder
- 1 tbsp Cocoa Powder
- 8 cups Oats
- 2 tbsps White Chocolate Chips

Cold

- 6 cups Unsweetened Almond Milk

Other

- 6 Egg Replacer
- 4 cups Vanilla Protein Powder



Super Seed Protein Muffin Cups

12 servings

30 minutes

Ingredients

- 1 1/3 cups Oats
- 2/3 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 tsp Baking Powder
- 1 Egg Replacer
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/3 cup Hemp Seeds
- 1/3 cup Pumpkin Seeds

Directions

- 1 Preheat oven to 350 F and lightly grease a 12-cup muffin pan.
- 2 In a large bowl, mix together all of the ingredients except the hemp hearts and pumpkin seeds until well combined.
- 3 Scoop the batter evenly into your prepared muffin tin, filling all the way to the top. Add the hemp hearts and pumpkin seeds on top of the muffins.
- 4 Bake for 27-30 minutes until the centers are set (they should bounce back slightly when pressed). Remove from the oven and allow to cool for 10 minutes in the muffin tin. Enjoy!

Nutrition

Amount per serving	
Calories	120
Fat	6g
Carbs	10g
Fiber	2g
Sugar	1g
Protein	9g
Cholesterol	1mg
Sodium	64mg
Vitamin A	43IU
Vitamin C	0mg
Calcium	112mg
Iron	1mg



Chocolate Protein Muffin Cups

12 servings

30 minutes

Ingredients

1 1/3 cups Oats
 2/3 cup Vanilla Protein Powder
 2 tbsps Chia Seeds
 1 tsp Baking Powder
 1 Egg Replacer
 1 cup Unsweetened Almond Milk
 1 tbsp Maple Syrup
 1 tsp Cinnamon
 1 tbsp Cocoa Powder
 2 tbsps White Chocolate Chips

Directions

- 1 Preheat oven to 350 F and lightly grease a 12-cup muffin pan.
- 2 In a large bowl, mix together all of the ingredients except the chocolate chips until well combined.
- 3 Scoop the batter evenly into your prepared muffin tin, filling all the way to the top. Add the chocolate chips on top of the muffins.
- 4 Bake for 27-30 minutes until the centers are set (they should bounce back slightly when pressed). Remove from the oven and allow to cool for 10 minutes in the muffin tin. Enjoy!

Nutrition

Amount per serving	
Calories	84
Fat	2g
Carbs	11g
Fiber	2g
Sugar	3g
Protein	6g
Cholesterol	1mg
Sodium	64mg
Vitamin A	42IU
Vitamin C	0mg
Calcium	107mg
Iron	1mg



Cherry Walnut Protein Muffin Cups

12 servings

30 minutes

Ingredients

- 1 1/3 cups Oats
- 2/3 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 tsp Baking Powder
- 1 Egg Replacer
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/4 cup Walnuts (chopped)
- 1/2 cup Frozen Cherries (thawed.)

Directions

- 1 Preheat oven to 350 F and lightly grease a 12-cup muffin pan.
- 2 In a large bowl, mix together all of the ingredients except the cherries and walnut until well combined.
- 3 Scoop the batter evenly into your prepared muffin tin, filling all the way to the top. Add the cherries and walnuts on top of the muffins.
- 4 Bake for 27-30 minutes until the centers are set (they should bounce back slightly when pressed). Remove from the oven and allow to cool for 10 minutes in the muffin tin. Enjoy!

Nutrition

Amount per serving	
Calories	89
Fat	3g
Carbs	10g
Fiber	2g
Sugar	2g
Protein	6g
Cholesterol	1mg
Sodium	64mg
Vitamin A	98IU
Vitamin C	0mg
Calcium	110mg
Iron	1mg



Berry & Banana Protein Muffin Cups

12 servings

30 minutes

Ingredients

- 1 1/3 cups Oats
- 2/3 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 tsp Baking Powder
- 1 Egg Replacer
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1 Banana (sliced)
- 1/2 cup Frozen Berries (thawed.)

Directions

- 1 Preheat oven to 350 F and lightly grease a 12-cup muffin pan.
- 2 In a large bowl, mix together all of the ingredients except the berries and banana until well combined.
- 3 Scoop the batter evenly into your prepared muffin tin, filling all the way to the top. Add sliced banana and berries on top of the muffins.
- 4 Bake for 27-30 minutes until the centers are set (they should bounce back slightly when pressed). Remove from the oven and allow to cool for 10 minutes in the muffin tin. Enjoy!

Nutrition

Amount per serving	
Calories	82
Fat	2g
Carbs	12g
Fiber	2g
Sugar	3g
Protein	6g
Cholesterol	1mg
Sodium	64mg
Vitamin A	49IU
Vitamin C	3mg
Calcium	108mg
Iron	1mg



PB & Banana Protein Muffin Cups

12 servings
30 minutes

Ingredients

- 1 1/3 cups Oats
- 2/3 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 tsp Baking Powder
- 1 Egg Replacer
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1 Banana
- 1/3 cup All Natural Peanut Butter

Directions

- 1 Preheat oven to 350 F and lightly grease a 12-cup muffin pan.
- 2 In a large bowl, mix together all of the ingredients except the banana and PB until well combined.
- 3 Scoop the batter evenly into your prepared muffin tin, filling all the way to the top. Add sliced banana on top of the muffins and drizzle PB on top.
- 4 Bake for 27-30 minutes until the centers are set (they should bounce back slightly when pressed). Remove from the oven and allow to cool for 10 minutes in the muffin tin. Enjoy!

Nutrition

Amount per serving	
Calories	122
Fat	5g
Carbs	12g
Fiber	3g
Sugar	3g
Protein	8g
Cholesterol	1mg
Sodium	65mg
Vitamin A	49IU
Vitamin C	1mg
Calcium	111mg
Iron	1mg



PB & Jam Protein Muffin Cups

12 servings

30 minutes

Ingredients

- 1 1/3 cups Oats
- 2/3 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 tsp Baking Powder
- 1 Egg Replacer
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/3 cup Strawberry Jam
- 1/3 cup All Natural Peanut Butter

Directions

- 1 Preheat oven to 350 F and lightly grease a 12-cup muffin pan.
- 2 In a large bowl, mix together all of the ingredients except the jam and PB until well combined.
- 3 Scoop the batter evenly into your prepared muffin tin, filling all the way to the top. Drizzle the jam and PB on top of the oatmeal muffins.
- 4 Bake for 27-30 minutes until the centers are set (they should bounce back slightly when pressed). Remove from the oven and allow to cool for 10 minutes in the muffin tin. Enjoy!

Nutrition

Amount per serving	
Calories	130
Fat	6g
Carbs	14g
Fiber	2g
Sugar	5g
Protein	8g
Cholesterol	1mg
Sodium	65mg
Vitamin A	42IU
Vitamin C	0mg
Calcium	111mg
Iron	1mg