



**Nicole Osinga**

**Spring Baked Oats**

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Nicole Osinga  
nicoleosinga@gmail.com

### Fruits

- 24 Banana
- 4 Clementines

### Breakfast

- 1/3 cup Granola

### Seeds, Nuts & Spices

- 3/4 cup Chia Seeds
- 1/4 cup Cinnamon
- 1/2 cup Pistachios

### Frozen

- 1 cup Frozen Cranberries
- 1 cup Frozen Peaches

### Vegetables

- 1 Carrot

### Baking

- 1 oz Dark Chocolate
- 1/4 cup Dark Chocolate Chips
- 1 oz Graham Crackers
- 24 cups Oats
- 1/4 cup Raisins
- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Vanilla Extract

### Cold

- 18 cups Soy Milk
- 1/2 cup Soy Yogurt

### Other

- 9 cups Protein Powder



## Cranberry Crumble Protein Baked Oats

8 servings  
30 minutes

### Ingredients

4 Banana  
3 cups Soy Milk  
2 tsp Vanilla Extract  
4 cups Oats  
1 1/2 cups Protein Powder  
2 tsp Cinnamon  
2 tbsps Chia Seeds  
1 cup Frozen Cranberries  
1 oz Graham Crackers (crumbs)

### Nutrition

Amount per serving	
Calories	348
Fat	6g
Carbs	53g
Fiber	8g
Sugar	12g
Protein	23g
Cholesterol	3mg
Sodium	98mg
Vitamin A	48IU
Vitamin C	7mg
Calcium	264mg
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 with thawed frozen cranberries and graham cracker crumbs.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!



## Carrot Cake Baked Oats

8 servings

30 minutes

### Ingredients

4 Banana  
3 cups Soy Milk  
2 tsp Vanilla Extract  
4 cups Oats  
1 1/2 cups Protein Powder  
2 tsp Cinnamon  
2 tbsps Chia Seeds  
1 Carrot (grated )  
1/4 cup Raisins

### Nutrition

Amount per serving	
Calories	347
Fat	5g
Carbs	53g
Fiber	8g
Sugar	15g
Protein	23g
Cholesterol	3mg
Sodium	82mg
Vitamin A	1314IU
Vitamin C	6mg
Calcium	253mg
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 Mix in the shredded carrot and top with the raisins.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!



## Peaches and Cream Protein Baked Oats

8 servings  
30 minutes

### Ingredients

4 Banana  
3 cups Soy Milk  
2 tsps Vanilla Extract  
4 cups Oats  
1 1/2 cups Protein Powder  
2 tsps Cinnamon  
2 tbsps Chia Seeds  
1 cup Frozen Peaches  
1/2 cup Soy Yogurt

### Nutrition

Amount per serving	
Calories	341
Fat	6g
Carbs	51g
Fiber	8g
Sugar	13g
Protein	24g
Cholesterol	3mg
Sodium	75mg
Vitamin A	102IU
Vitamin C	6mg
Calcium	249mg
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 the peaches.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!



## Chocolate Orange Protein Baked Oats

8 servings  
30 minutes

### Ingredients

4 Banana  
3 cups Soy Milk  
2 tsp Vanilla Extract  
4 cups Oats  
1 1/2 cups Protein Powder  
2 tsp Cinnamon  
2 tbsps Chia Seeds  
4 Clementines (peeled)  
1 oz Dark Chocolate (melted)

### Nutrition

Amount per serving	
Calories	367
Fat	7g
Carbs	55g
Fiber	9g
Sugar	15g
Protein	24g
Cholesterol	3mg
Sodium	76mg
Vitamin A	41IU
Vitamin C	23mg
Calcium	261mg
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 the clementines and melted chocolate.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!



## Chocolate Pistachio Protein Baked Oats

8 servings

30 minutes

### Ingredients

4 Banana  
3 cups Soy Milk  
2 tsp Vanilla Extract  
4 cups Oats  
1 1/2 cups Protein Powder  
2 tsp Cinnamon  
2 tbsps Chia Seeds  
1/2 cup Pistachios  
1/4 cup Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	416
Fat	11g
Carbs	55g
Fiber	9g
Sugar	15g
Protein	25g
Cholesterol	3mg
Sodium	75mg
Vitamin A	79IU
Vitamin C	6mg
Calcium	256mg
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 with shelled pistachios and dark chocolate chips.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!



## Granola Coconut Protein Baked Oats

8 servings  
30 minutes

### Ingredients

4 Banana  
3 cups Soy Milk  
2 tsps Vanilla Extract  
4 cups Oats  
1 1/2 cups Protein Powder  
2 tsps Cinnamon  
2 tsps Chia Seeds  
1/3 cup Granola  
1/4 cup Unsweetened Shredded Coconut

### Nutrition

Amount per serving	
Calories	370
Fat	8g
Carbs	52g
Fiber	9g
Sugar	12g
Protein	24g
Cholesterol	3mg
Sodium	77mg
Vitamin A	41IU
Vitamin C	5mg
Calcium	251mg
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 granola and coconut.
- 5 Bake for 35 minutes. Drizzle with the yogurt if desired. Enjoy!