



Dessert For Breakfast



Nicole Osinga

nicoleosinga@gmail.com

Fruits

- 1/2 Apple
- 8 Banana
- 1/2 Blood Orange
- 1 tbsp Lemon Zest
- 1 cup Raspberries

Breakfast

- 3/4 cup All Natural Peanut Butter
- 1 1/8 cups Maple Syrup
- 2 tbsps Peanut Butter
- 2 tbsps Raspberry Jam
- 1/3 cup Strawberry Jam

Seeds, Nuts & Spices

- 1 cup Chia Seeds
- 2 2/3 tbsps Cinnamon

Frozen

- 1 cup Frozen Berries
- 1/2 cup Frozen Blueberries
- 2 cups Frozen Cherries
- 1/2 cup Frozen Peaches
- 3 1/2 cups Frozen Raspberries

Vegetables

- 1/2 Carrot

Boxed & Canned

- 1 tsp Biscoff Cookie Butter
- 4 cups One Degree Organics Sprouted Oats

Baking

- 3 tbsps Baking Powder
- 1/4 cup Cocoa Powder
- 1/4 cup Dark Chocolate Chips
- 4 1/3 cups Oat Flour
- 6 1/3 cups Oats
- 1 tbsp Raisins
- 2 1/3 tbsps Vanilla Extract
- 1/4 cup White Chocolate Chips

Cold

- 1 Egg
- 6 cups Soy Milk
- 1 1/8 cups Soy Yogurt
- 5 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

Other

- 1/4 cup Chocolate Protein Powder
- 11 Egg Replacer
- 3/4 cup Protein Powder
- 5 2/3 cups Vanilla Protein Powder



Blueberry Lemon Sheet Pan Pancakes

2 servings

20 minutes

Ingredients

- 1 Banana
- 1 Egg Replacer
- 1/4 cup Soy Yogurt
- 3/4 cup Oat Flour
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Soy Milk
- 2 tbsps Maple Syrup
- 1/2 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 cup Frozen Blueberries
- 1 tbsp Lemon Zest

Nutrition

Amount per serving	
Calories	377
Fat	5g
Carbs	69g
Fiber	8g
Sugar	24g
Protein	18g
Cholesterol	2mg
Sodium	220mg
Vitamin A	57IU
Vitamin C	10mg
Calcium	246mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 In a large bowl, mash the banana. Once mashed, combine the banana purée with the egg/egg replacer, the yogurt, the maple syrup and the vanilla extract.
- 3 Sift in the oat flour and protein powder and the baking powder. Start mixing, adding the milk gradually until you get a smooth batter.
- 4 Transfer the healthy pancake batter to the prepared baking pan and top with the blueberries and lemon zest.
- 5 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Before serving, slice your pancakes and place.



Apple Cinnamon Sheet Pan Pancakes

2 servings
20 minutes

Ingredients

- 1 Banana
- 1 Egg Replacer
- 1/4 cup Soy Yogurt
- 3/4 cup Oat Flour
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Soy Milk
- 2 tbsps Maple Syrup
- 1/2 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 Apple (cubed)
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	382
Fat	4g
Carbs	72g
Fiber	8g
Sugar	25g
Protein	18g
Cholesterol	2mg
Sodium	220mg
Vitamin A	66IU
Vitamin C	8mg
Calcium	254mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 In a large bowl, mash the banana. Once mashed, combine the banana purée with the egg/egg replacer, the yogurt, the maple syrup and the vanilla extract.
- 3 Sift in the oat flour and protein powder and the baking powder. Start mixing, adding the milk gradually until you get a smooth batter.
- 4 Transfer the healthy pancake batter to the prepared baking pan and top with the apples and cinnamon.
- 5 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Before serving, slice your pancakes and place.



Peaches and Cream Sheet Pan Pancakes

2 servings
20 minutes

Ingredients

- 1 Banana
- 1 Egg Replacer
- 1/4 cup Soy Yogurt
- 3/4 cup Oat Flour
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Soy Milk
- 2 tbsps Maple Syrup
- 1/2 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 cup Frozen Peaches
- 2 tbsps Soy Yogurt
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	464
Fat	8g
Carbs	79g
Fiber	8g
Sugar	24g
Protein	25g
Cholesterol	2mg
Sodium	219mg
Vitamin A	167IU
Vitamin C	8mg
Calcium	254mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 In a large bowl, mash the banana. Once mashed, combine the banana purée with the egg/egg replacer, the yogurt, the maple syrup and the vanilla extract.
- 3 Sift in the oat flour and protein powder and the baking powder. Start mixing, adding the milk gradually until you get a smooth batter.
- 4 Transfer the healthy pancake batter to the prepared baking pan and top with peaches and drizzle with the remaining yogurt. Top with cinnamon.
- 5 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Before serving, slice your pancakes and place.



Chocolate Blood Orange Sheet Pan Pancakes

2 servings
20 minutes

Ingredients

- 1 Banana
- 1 Egg Replacer
- 1/4 cup Soy Yogurt
- 3/4 cup Oat Flour
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Soy Milk
- 2 tbsps Maple Syrup
- 1/2 tsp Vanilla Extract
- 3/4 tsp Baking Powder
- 1/2 Blood Orange (sliced)
- 1 tbsp Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	418
Fat	7g
Carbs	72g
Fiber	7g
Sugar	27g
Protein	19g
Cholesterol	2mg
Sodium	220mg
Vitamin A	124IU
Vitamin C	26mg
Calcium	254mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 In a large bowl, mash the banana. Once mashed, combine the banana purée with the egg/egg replacer, the yogurt, the maple syrup and the vanilla extract.
- 3 Sift in the oat flour and protein powder and the baking powder. Start mixing, adding the milk gradually until you get a smooth batter.
- 4 Transfer the healthy pancake batter to the prepared baking pan and top with the blood oranges and chocolate chips.
- 5 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Before serving, slice your pancakes and place.



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
- 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	90
Fat	3g
Carbs	11g
Fiber	2g
Sugar	3g
Protein	6g
Cholesterol	16mg
Sodium	69mg
Vitamin A	65IU
Vitamin C	0mg
Calcium	110mg
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



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 & 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



PB&J Overnight Oats

2 servings

10 minutes

Ingredients

- 1 cup One Degree Organics Sprouted Oats
- 1 cup Soy Milk
- 1 cup Unsweetened Coconut Yogurt
- 2 tbsps Maple Syrup
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 tbsps Peanut Butter (divided)
- 2 tbsps Raspberry Jam (divided)
- 1 cup Raspberries

Nutrition

Amount per serving	
Calories	440
Fat	11g
Carbs	60g
Fiber	13g
Sugar	27g
Protein	28g
Cholesterol	4mg
Sodium	126mg
Vitamin A	20IU
Vitamin C	17mg
Calcium	636mg
Iron	3mg

Directions

- 1 In a large bowl mix the oats, milk, chia seeds, and maple syrup until well combined. To the bowl, add half of the peanut butter and half of raspberry jam. Mix well.
- 2 Cover the bowl and set in the fridge for 8 hours.
- 3 Mix together the yogurt and protein powder.
- 4 When ready to serve, or to prep to-go containers, divide the remaining peanut butter and raspberry jam into the mason jars. Brush the pb+j up the sides of the glass. Evenly distribute the overnight oats into the mason jars and top with the protein yogurt.
- 5 Cover and store in the fridge for up to 5 days.



Raspberry White Chocolate Overnight Oats

2 servings
8 hours 20 minutes

Ingredients

1 cup Oats (rolled)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
1/4 cup Unsweetened Coconut Yogurt
1 cup Unsweetened Almond Milk
1 tsp Vanilla Extract
1 tbsp Maple Syrup
2 tbsps White Chocolate Chips
1 1/2 cups Frozen Raspberries (Thawed)

Nutrition

Amount per serving	
Calories	494
Fat	14g
Carbs	66g
Fiber	14g
Sugar	23g
Protein	28g
Cholesterol	4mg
Sodium	134mg
Vitamin A	327IU
Vitamin C	18mg
Calcium	535mg
Iron	4mg

Directions

- 1 Add the oats, protein powder, chia seeds, yogurt, milk, vanilla, and maple syrup to a large container. Stir well to combine.
- 2 Divide the oats between four containers.
- 3 Melt white chocolate in the microwave. Pour it over the slightly set overnight oats, and tilt the glass or mason jar around to make sure that the white chocolate is covering the top of your oatmeal fully. Place in the fridge for 8 hours. Serve with extra raspberries. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cups.

Make it Vegan: Use vegan cream cheese, yogurt, and milk.

No Protein Powder: Omit the protein powder and reduce the milk slightly.



Chocolate Shell Raspberry Overnight Oats

2 servings
8 hours 20 minutes

Ingredients

- 1 cup One Degree Organics Sprouted Oats (rolled)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 cup Unsweetened Coconut Yogurt
- 1 cup Soy Milk
- 1 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 2 cups Frozen Raspberries (Thawed)
- 2 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	553
Fat	17g
Carbs	71g
Fiber	15g
Sugar	34g
Protein	30g
Cholesterol	4mg
Sodium	131mg
Vitamin A	104IU
Vitamin C	25mg
Calcium	655mg
Iron	4mg

Directions

- 1 Add the oats, protein powder, chia seeds, yogurt, milk, vanilla, maple syrup and half of the raspberries into a blender. Blend until smooth.
- 2 Divide the remaining raspberries between containers, then pour the oats on top of the raspberries. Heat up the chocolate and pour on top of the oats. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cups.

Make it Vegan: Use vegan cream cheese, yogurt, and milk.

No Protein Powder: Omit the protein powder and reduce the milk slightly.



Black Forest Cake Overnight Oats

3 servings
10 minutes

Ingredients

2 1/2 cups Soy Milk
2 tbsps Maple Syrup
3 tbsps Cocoa Powder
1 tsp Vanilla Extract
1/2 cup Vanilla Protein Powder
2 cups One Degree Organics Sprouted Oats
2 cups Frozen Cherries
2 tbsps Chia Seeds

Directions

- 1 Add all the ingredients, except cherries, into a bowl and combine. Add to a jar and layer in frozen cherries. Enjoy!

Nutrition

Amount per serving	
Calories	383
Fat	9g
Carbs	56g
Fiber	10g
Sugar	25g
Protein	25g
Cholesterol	3mg
Sodium	127mg
Vitamin A	899IU
Vitamin C	2mg
Calcium	425mg
Iron	4mg



Carrot Cake Protein Pancake Bowl

1 serving
10 minutes

Ingredients

- 1/2 Banana
- 1 Egg Replacer
- 1/4 cup Unsweetened Coconut Yogurt
(two tbsp for topping)
- 1/3 cup Oat Flour (or all purpose flour)
- 1/4 cup Protein Powder (or more flour)
- 1/2 tsp Baking Powder
- 2 tbsps Soy Milk
- 1/2 tsp Vanilla Extract
- 1/2 Carrot (shredded)
- 1 tsp Cinnamon
- 1 tbsp Raisins

Nutrition

Amount per serving	
Calories	397
Fat	6g
Carbs	60g
Fiber	10g
Sugar	17g
Protein	28g
Cholesterol	4mg
Sodium	333mg
Vitamin A	5141IU
Vitamin C	7mg
Calcium	477mg
Iron	3mg

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsp of milk as needed.
- 3 Transfer the batter to the prepared bowl. Stir in the shredded carrots and cinnamon.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Top with more yogurt and sprinkle with raisins.



Very Berry Protein Pancake Bowl

1 serving
10 minutes

Ingredients

- 1/2 Banana
- 1 Egg Replacer
- 2 tbsps Unsweetened Coconut Yogurt
- 1/3 cup Oat Flour (or all purpose flour)
- 1/4 cup Protein Powder (or more flour)
- 1/2 tsp Baking Powder
- 2 tbsps Soy Milk
- 1/2 tsp Vanilla Extract
- 1/2 cup Frozen Berries

Nutrition

Amount per serving	
Calories	374
Fat	5g
Carbs	55g
Fiber	9g
Sugar	16g
Protein	28g
Cholesterol	4mg
Sodium	303mg
Vitamin A	38IU
Vitamin C	25mg
Calcium	385mg
Iron	3mg

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsps of milk as needed.
- 3 Transfer the batter to the prepared bowl. Stir in the berries and leave some for topping.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Enjoy!



Double Chocolate Protein Pancake Bowl

1 serving
10 minutes

Ingredients

- 1/2 Banana
- 1 Egg Replacer
- 1/3 cup Oat Flour (or all purpose flour)
- 2 tbsps Unsweetened Coconut Yogurt
- 1/4 cup Chocolate Protein Powder (or more flour)
- 1/2 tsp Baking Powder
- 2 tbsps Soy Milk
- 1/2 tsp Vanilla Extract
- 1 tsp Cocoa Powder
- 1 tbsp Dark Chocolate Chips

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsps of milk as needed.
- 3 Transfer the batter to the prepared bowl. Stir in the cocoa powder and top with chocolate chips.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Enjoy!

Nutrition

Amount per serving	
Calories	428
Fat	10g
Carbs	54g
Fiber	7g
Sugar	16g
Protein	29g
Cholesterol	4mg
Sodium	303mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	374mg
Iron	3mg



Cinnamon Biscoff Protein Pancake Bowl

1 serving
10 minutes

Ingredients

- 1/2 Banana
- 1 Egg Replacer
- 2 tbsps Unsweetened Coconut Yogurt
- 1/3 cup Oat Flour (or all purpose flour)
- 1/4 cup Protein Powder (or more flour)
- 1/2 tsp Baking Powder
- 2 tbsps Soy Milk
- 1/2 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1 tsp Biscoff Cookie Butter

Directions

- 1 Grease a microwavable bowl with cooking spray.
- 2 In a bowl, mash the banana, then add the wet ingredients. Stir in oat flour, protein powder (or more oat flour) and baking powder. Mix until a smooth batter forms - if it is too thick, gradually add 1-2 tbsps of milk as needed.
- 3 Transfer the batter to the prepared bowl. Sprinkle with cinnamon and swirl biscoff on top.
- 4 Microwave on high for 3-5 minutes. If the batter rises too much, pause and restart in short intervals. Enjoy!

Nutrition

Amount per serving	
Calories	370
Fat	8g
Carbs	49g
Fiber	8g
Sugar	10g
Protein	29g
Cholesterol	4mg
Sodium	326mg
Vitamin A	45IU
Vitamin C	5mg
Calcium	399mg
Iron	3mg