



## Protein Berry Oatmeal Cups

12 servings

35 minutes

### Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbs Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 139   |
| Fat                | 3g    |
| Saturated          | 1g    |
| Carbs              | 22g   |
| Sugar              | 7g    |
| Protein            | 6g    |
| Cholesterol        | 31mg  |
| Sodium             | 113mg |

### Directions

- 1 Preheat the oven to 180°C. Line a muffin tin with liners.
- 2 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tin and bake for 18 to 20 minutes. Remove, let cool and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

**Serving Size,** One serving size is equal to one oatmeal cup.

**Nut-Free,** Use boxed coconut milk instead of almond milk.

**No Frozen Berries,** Use fresh berries instead.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.

**No Protein Powder,** Omit or use collagen instead.