

# M&M Baked Oats

*Recipe makes 1 serving*

## Ingredients

1/2 C Oats  
1/3 C Fairlife Fat Free Milk  
1 Whole Egg  
2 Tbsp Sugar Free Maple Syrup  
2 Tbsp M&M Minis, divided  
1/2 tsp Baking Powder  
1/2 scoop Legion Vanilla Protein Powder

1. Place all ingredients into a blender or food processor. Reserve 1 Tbsp of M&M Minis for topping. Blend until smooth.

2. Pour mixture into a 10 oz (or larger) ramekin or microwave safe coffee mug. Microwave on high for 60-90 seconds.

3. Add your other Tbsp of M&M Minis on top and enjoy!



## Nutrition Profile

*- per serving -*

**Calories - 428**

**Fat - 13g**

**Carbohydrates - 52g**

**Protein - 28g**

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# Notes

- These can be made the night before and reheated the next day but they definitely taste best when eaten fresh! You can also make the batter the night before and pop it in the microwave in the morning for a quick breakfast.
- Do not be alarmed if you see the oats rising while cooking. This is normal. Once you remove them from the microwave they will slowly sink back down. If you notice they are rising too much, simply stop the microwave for a few seconds then finish cooking until you reach the desired texture.
- You can alternatively cook these in the oven at 350°F for 25-30 minutes.
- If you do not have the Legion brand protein, using a half scoop (about 15g weighed) of vanilla protein from any brand of your choice is fine. You can also completely skip the protein powder if you do not have any at all. This will still turn out just as yummy, but the overall protein content will be cut in half.