

# Blueberry Muffin Baked Oats

*Recipe makes 1 serving*

## Ingredients

- 1/2 cup Dry Oats
- 1/3 cup Fat Free Fairlife Milk
- 1/4 cup Blueberries
- 1 scoop Legion Vanilla Protein Powder
- 1 Whole Egg
- 2 tsp light Brown Sugar
- 1/2 tsp Baking Powder



## Instructions

1. In a blender, add all of the above ingredients, except your blueberries, and blend until smooth.

2. Pour mixture into 10 oz (or larger) ramekin or microwave safe coffee mug. Add your blueberries on top, and microwave on high for 60-90 seconds.

3. Enjoy!

## Nutrition Profile

- per serving -

**Calories - 397**  
**Fat - 8g**  
**Carbohydrates - 44g**  
**Protein - 37g**  
**\*Fiber - 5g**

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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.**