

Peanut Butter Dream Baked Oats

Recipe makes 1 serving

Ingredients

- 1/2 cup Dry Oats
- 1/2 cup Fat Free Fairlife Milk
- 1 scoop Legion Vanilla Protein Powder
- 1 Whole Egg
- 4 Tbsp Powdered Peanut Butter, divided
- 1 Tbsp Sugar Free Maple Syrup
- 1/2 tsp Baking Powder
- Pinch of Salt



Instructions

1. In a blender, add all of the above ingredients except for 2 Tbsp powder peanut butter, and blend until smooth.
2. Pour mixture into 10 oz (or larger) ramekin or microwave safe coffee mug. Microwave on high for 60-90 seconds.
3. For your topping, mix your remaining 2 Tbsp of powdered peanut butter with a little water until you reach your desired consistency. Drizzle on top and enjoy!

Nutrition Profile

- per serving -

Calories - 450
Fat - 11g
Carbohydrates - 41g
Protein - 49g
***Fiber - 6g**

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Notes

- **For the peanut butter drizzle on top, start with just a few drops of water, stir, and repeat until you get your desired consistency.**
- **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.**