

Baked Protein Oats



Ingredients

For 1 serving

- 1/2 cup Oats
- 1/2 tsp Baking Powder
- 1/4 cup Protein Powder (Vanilla or Chocolate)
- 1/4 tsp Pink Himalayan Salt or Sea Salt
- 3 Tbsp Egg Whites
- 1/3 cup Water
- 1/4 tsp Vanilla Extract
- 2 Tbsp Chocolate Chips

Directions

1. Preheat oven to 400 degrees F
2. Mix all ingredients together in medium sized bowl
3. Spray Pan with 100% olive or avocado oil
4. Pour oats into small oven safe baking dish
5. Bake for 15 minutes at 400 degrees F
6. Enjoy fresh or store in air tight container and reheat

