



# HIGH-PROTEIN BAKED OATMEAL

*Approximate nutrition information for 1/6 of recipe: 200 calories, 12 grams protein, 28 g carbohydrate (5 grams fibre) and 4 grams fat.*

**HCC**  
**WELLNESS  
AT HOME**



@utmhccwellness

## INGREDIENTS

- 500 mL (2 cups) old-fashioned oats
- 60 mL (1/4 cup) ground flax seeds or chia seeds
- 5 mL (1 teaspoon) baking powder
- 10 mL (2 teaspoons) cinnamon
- 1/2 mL (1/8 teaspoon) salt
- 250 mL (1 cup) milk or soy beverage
- 250 mL (1 cup) Greek yogurt
- 3 egg whites (about 1/2 cup)
- 5 mL (1 teaspoon) vanilla\* extract
- 1/2 banana\*\* (sliced) - see below for optional "add-ins"

## INSTRUCTIONS

- 01** Preheat oven to 350F and spray an 8 x8 baking dish with nonstick oil spray, set aside.
- 02** In a large mixing bowl, combine oats, seeds, baking powder, cinnamon, and salt.
- 03** In a separate bowl, whisk together milk, yogurt, egg whites, extract (and protein powder, if using)
- 04** Stir the wet ingredients into the oat mixture. Add in the banana (or whatever "add-ins" you are using).
- 05** Pour the batter into the prepared baking dish and place in oven - bake for 20 -30 minutes until the top and edges are golden brown.

## ADD-INS....MAKE IT YOUR OWN!

- \* you can substitute almond or lemon extract for variety
- \*\* you can substitute other dried or fresh fruit pieces (ex. cherry, apricot, pear, apple, raisins, cranberries)
- for additional protein, you can stir in a scoop of protein powder
- If you prefer a sweeter taste, you can top the baked oatmeal with maple syrup