

Baked Chocolate Oatmeal



For stress-free mornings, try this delicious baked chocolate oatmeal recipe. One batch gives you 6 breakfast servings that freeze easily, allowing you to enjoy a tasty and convenient meal every day! No more excuses for skipping breakfast!

Preparation 10 min

Cooking 30 min

Servings 6

Nutrition Facts (per serving)

Calories 325

Fat 10

Carbohydrates 39

Fibre 7

Protein 19

Sodium 80

Ingredients

- 375 ml (1 ½ cups) rolled oats
- 80 ml (? cup) textured vegetable protein (TVP)

- 60 ml (¼ cup) cocoa powder
- 60 ml (¼ cup) skim milk powder
- 45 ml (3 tbsp) chia seeds
- 5 ml (1 tsp) baking powder
- A pinch of salt
- 1 medium banana, mashed
- 375 ml (1 ½ cups) high-protein 2% milk
- 125 ml (½ cup) 0% plain Greek yogurt
- 60 ml (¼ cup) natural peanut butter
- 30 ml (2 tbsp) maple syrup
- 7.5 ml (½ tbsp) caramel essence (or vanilla extract)

Preparation

1. Preheat the oven to 350°F (180°C). Prepare a rectangular baking dish lined with parchment paper or lightly greased.
2. In a large bowl, mix the oats, TVP, cocoa powder, milk powder, chia seeds, baking powder, and salt.
3. In another bowl, combine the wet ingredients. Mix until smooth.
4. Add the wet ingredients to the dry ingredients and mix until well combined.
5. Pour the mixture into the prepared baking dish and bake for 30 minutes, or until a toothpick comes out clean. Let cool before portioning and serving.

Notes

Can be stored in an airtight container in the fridge for 3-5 days or in the freezer for 3 months.

Recipe adapted from [TeamNutrition.ca](https://www.teamnutrition.ca) instead of one!



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