



## BLUEBERRY MUFFIN BAKED OATS

Recipe by Deedee (@ketowithdeedee)  
and featured on MariGoldBars.com

*"This definitely tastes like you're eating dessert for breakfast but packed with healthy ingredients and protein!"* - Deedee

### INGREDIENTS:

- 1/2 Cup Oats
- 2 TBSP MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 TBSP Sweetener of choice (you can leave this out if you don't want it too sweet)
- 2/3 Cup Almond Milk (or milk of choice)
- 1/2 Ripe Banana
- 1 TSP Baking powder
- 1 TSP Vanilla extract or flavor of choice (I used @oooflavors Blueberry Shortcake to really boost the flavor)
- Fresh Blueberries



### DIRECTIONS:

1. Blend all ingredients except blueberries together until combined. I used my ninja single serve blender.
2. Pour into a greased oven-safe ramekin or baking dish. Top with fresh blueberries.
3. Bake at 350 for 25-30 minutes until the top looks done but the inside is still goey.

Featuring MariGold  
Creamy Vanilla Whey Isolate Protein Powder  
(MariGoldBars.com)

