



LATTE BAKED OATMEAL

High-Protein / Dairy-Free / Gluten-Free / Low-Sugar

Recipe by Kat (@katalysthealth) and
featured on MariGoldFoods.com

INGREDIENTS:

- 1/2 cup rolled (gluten-free) oats
- 1 teaspoon baking powder
- 1 heaping scoop MariGold Mocha Collagen Latte High Protein Coffee Powder
- 1/4 cup applesauce
- 1/4 cup almond milk

Topping:

- 1 tablespoon (gluten-free) oat flour
- 1/2 tablespoon coconut sugar
- 1/2 tablespoon coconut oil

Icing (optional)

- powder sugar or powdered sweetener (approx 1/4 cup)
- almond milk (approx 1/2 tsp)

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Add oat ingredients to a blender & blend until smooth.
3. Pour into a greased ramekin. Mix together topping & crumble over top. Bake for 20-25 minutes.
4. Whisk together icing, drizzle on top & enjoy!!



Featuring MariGold
Mocha Collagen Latte
High Protein Coffee Powder
(MariGoldFoods.com)

