

Blueberry Banana Protein Bake Oatmeal

Breakfast on the go if needed. It's a breakfast the whole family will love. Enjoy!

xoxo,

Kristin

1. Add the oats and boiling water into a mixing bowl. Allow to sit for 10 – 15 minutes.
2. Meanwhile, mash the banana in a separate bowl until as smooth as possible. Stir in the flax egg, syrup and protein powder. Pour this mixture over the softened oats and stir to combine.
3. Add the remaining ingredients into the bowl and stir again to combine.
4. Pour the oat mixture into a 9×13 baking pan.
5. Bake at 350°F for 30 – 35 minutes. Allow to cool slightly, then cut into squares (or scoop out) and enjoy.

Recipe from:

<https://www.simplyquinoa.com/protein-baked-oatmeal/>

Total time: 50 minutes.