



Oatmeal Bake

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template approved



prep time
~5 minutes



total time
~40-50 min



servings
4

Ingredients

- 120g/1 cup oats
- 492g/2 cups Greek yogurt
- 448g/1.75 cups egg whites
- 276g/1 cup blueberries
- 4 small handfuls of spinach
- 2 teaspoons cinnamon

Instructions

- 1 Preheat oven to 350°F
- 2 Place all of the ingredients (except the blueberries) in a blender or food processor and blend until smooth.
- 3 Add in blueberries, mix and then pour into baking dish and cook for 35-45 minutes
- 4 Top with your favorite nut butter or melted berries!



Whole Recipe Serving Breakdown:
14 servings protein
~5 servings carb
0 servings fat
4 servings veggies

This tastes great with some nut butter after it has been cooked (you would need to account for additional fat if you do this.)