



BAKED OATMEAL

for One!

BASIC BAKED OATMEAL

- ¼ cup fruit/veggie purée or yogurt
- ¼ cup non-dairy milk
- 1 tablespoon maple syrup
- ½ teaspoon vanilla
- ½ teaspoon baking powder
- Pinch of salt
- ½ cup oats

DOUBLE CHOCOLATE

- ½ banana, mashed
- ¼ cup non-dairy milk
- 2 tablespoons cocoa powder
- 1 tablespoon maple syrup
- ½ teaspoon baking powder
- Pinch salt
- ½ cup oats
- 1 tablespoon non-dairy chocolate chips

LEMON BLUEBERRY

- ¼ cup non-dairy yogurt
- 3 tablespoons non-dairy milk
- 1 tablespoon maple syrup
- 1 tablespoon lemon juice
- ½ teaspoon lemon zest
- ½ teaspoon vanilla
- ½ teaspoon baking powder
- pinch of salt
- ½ cup oats
- handful of blueberries

BIRTHDAY CAKE

- ¼ cup applesauce or mashed banana
- ¼ cup non-dairy milk
- 1 tablespoon maple syrup
- ½ teaspoon baking powder
- 1 ½ teaspoon vanilla
- pinch of salt
- ½ cup oats
- 1 tablespoon vegan sprinkles + more for topping

PUMPKIN SPICE

- ¼ cup pumpkin purée
- ¼ cup non-dairy milk
- 1 tablespoon maple syrup
- 1 tablespoon brown sugar (optional)
- ½ teaspoon pumpkin pie spice
- ½ teaspoon baking powder
- Pinch salt
- ½ cup oats
- 1 tablespoon chocolate chips (optional)

PEANUT BUTTER & JELLY

- ½ banana, mashed
- ¼ cup non-dairy milk
- 1 tablespoon peanut butter
- 1 tablespoon maple syrup
- ½ teaspoon baking powder
- Pinch salt
- ½ cup oats
- 1 tablespoon jelly (placed in center of batter)
- More PB&J for topping (optional)

Combine all of the ingredients in a bowl. Pour the batter into a greased ramekin and bake at 350F for 18-25 minutes!