

Chocolate Strawberry Baked Oatmeal

Ingredients (serves 1)

- 9 fresh strawberries (6 blended + 3 sliced)
- 1/4 cup milk of choice
- 1/2 tsp vanilla extract
- 1/4 tsp baking powder
- 1 heaping Tablespoon of cocoa powder
- 1/2 cup rolled oats
- pinch of salt

Instructions

1. Preheat the oven to 350 F and spray a single-serving ramekin with non-stick spray.
2. In a medium bowl mix oatmeal, cocoa powder, baking powder and salt.
3. In a small blender, puree 6 strawberries, vanilla extract, and milk of choice.
4. Combine blended mixture with dry ingredients.
5. Add diced strawberry for an extra shot of strawberry!
6. Transfer to the ramekin and bake for 18-21 minutes.

Nutrition Info

Calories – 235

Carbs – 46g

Fat – 4.5g

Protein – 9g

Potassium – 441mg

Sugars – 9.4g

Fiber – 10g

Sodium – 115mg

Cholesterol – 0mg

Calcium – 14%

Vitamin C – 159%

Vitamin A – 3%

Iron – 18%