Protein Oatmeal No Banana: Baked Oatmeal Cups

Dense yet fluffy baked cups with a subtle hint of vanilla



PREP	COOK	TOTAL	SERVES	CALORIES
5 min	18 min	23 min	4 servings	315 kcal

Ingredients

- 40 g rolled oats
- 30 g vanilla whey protein powder
- 125 g low-fat cottage cheese
- 15 g almond butter
- 1 egg, approximately 50 g
- 1 tsp vanilla extract
- 30 g maple syrup
- 120 ml low-fat milk
- salt, pinch

Instructions

1. Prepare the oven: Preheat your oven to 180°C (350°F). Grease 4 ramekins with oil or butter or line them with parchment paper. This prevents the oats from sticking to the sides during baking.
2. Combine dry ingredients: Mix the rolled oats, vanilla protein powder, and a pinch of salt in a medium bowl. Stir until the ingredients are evenly distributed. Adding salt now ensures it is integrated throughout the batter.
3. Whisk the batter: Add the cottage cheese, almond butter, vanilla extract, maple syrup, and milk to the bowl. Stir vigorously with a whisk. Continue until the batter is smooth and glossy to avoid lumps in the final texture.
4. Bind the mixture: Gently fold in the whole egg. Ensure it is fully incorporated. The egg acts as a binder to hold the oatmeal cups together as they rise.

5. Fill the ramekins: Split the batter evenly between the 4 ramekins. Fill each about three-quarters full. This space allows the oats to spread and rise without overflowing the containers.
6. Bake the cups: Place the ramekins on a baking sheet or oven rack. Bake for 18 minutes. A light golden crust should form, and a toothpick inserted into the centre must come out clean.
7. Set the interior: Remove the ramekins from the oven. Let the cups cool for 5 minutes. This brief rest sets the interior structure so the cups do not collapse when served.

Notes

Storing and reheatingKeep leftover cups at room temperature for no more than 2 hours. Store them in an airtight container in the freezer for up to 3 months. Reheat in a microwave for 1 to 2 minutes until warm to restore the soft interior and fluffy texture.

What to serve with itTop the warm cups with fresh berries, sliced almonds, or a sprinkle of cinnamon. You may add a scoop of plain Greek yoghurt or a dollop of whipped coconut cream for a richer finish. Drizzle with honey or additional maple syrup to increase the sweetness.