

Baked Oats

<http://userealbutter.com/2022/06/09/baked-oats-recipe/>

from [i am a food blog](#)

base recipe

1 cup (90g) rolled oats
1/2 cup almond milk (any milk will do)
1 (120g) medium banana
2 eggs
2 tbsps sugar, honey, or maple syrup (I omitted this)
1/2 tsp cinnamon
1/2 tsp vanilla extract
1/2 tsp baking powder
pinch of sea salt

Preheat oven to 350°F. Grease two 8-ounce capacity ramekins or other oven-safe vessels if making full servings. Grease four if you want half-servings. Place ingredients in a high-powered blender and blend until smooth. Stir any add-ins into the batter and divvy evenly among the ramekins. Bake 20-35 minutes for half servings and 25-45 minutes for full servings until a toothpick inserted into the center comes out clean and the tops rebound when gently pushed. Makes 2 full servings or 4 half servings. Let cool completely and store refrigerated in an airtight container for up to 3 days.

Cake pan option: Preheat oven to 375°F. Lightly grease an 8×8-inch baking pan and line with parchment paper. **Double the recipe above.** Stir in your add-ins. Pour the batter into your prepared pan. Bake 30-45 minutes (doneness depends on your oven, your pan, and any add-ins) until a toothpick inserted into the center comes out clean and the top rebounds when gently pushed. Remove from oven and let cool completely. Makes 16 2-inch squares. Store refrigerated in an airtight container for up to 3 days or cut, wrap, seal in airtight packaging, and freeze for up to 3 months.

berry variation

2 tsps freshly grated lemon zest
1/4 cup (60g or 2 oz.) berries (huckleberries, chopped strawberries, blueberries, etc.)

Add the lemon zest to the base recipe. Blender the batter until smooth. Gently stir the berries into the batter.

chocolate-raspberry variation

1 tbsp cocoa powder
2 tbsps (30g or 1 oz.) fresh raspberries

Add the cocoa powder to the base recipe ingredients and blend together. Gently fold the raspberries into the batter.