

RECIPE



A nourishing, protein-rich breakfast or snack that supports energy, digestion, and blood sugar balance.

Made with fiber-packed oats, antioxidant-rich berries, and the natural sweetness of applesauce, this easy baked oatmeal is perfect for meal prep. It provides steady energy without blood sugar spikes. Homemade and free from additives, it's a gut-friendly, wholesome choice for the whole family

Baked Oatmeal Bliss

Ingredients

(6-8 servings)

- 1 cup gluten-free rolled oats
- ½ cup vanilla plant-based protein powder
- 1 cup almond milk or coconut milk
- 1 cup unsweetened applesauce
- 2 Tbsp. coconut oil + greasing
- 1 tsp. ground cinnamon
- 1 cup fresh organic mixed berries

Instructions:

Reheat the oven to 350°F (180°C).

Lightly grease an 8x7-inch ceramic baking dish with coconut oil.

In a large bowl, mix together the oats, protein powder, milk, applesauce, coconut oil, and cinnamon.

Gently fold in the mixed berries.

Pour the mixture into the prepared baking dish and spread evenly.

Yours to Artful Eating,
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Bake for 40 minutes, or until the top is golden and the oats are tender.

Storage Tips

- Store in an airtight container in the refrigerator for up to 5 days.
- Reheat in the oven or microwave before serving.
- Depending on your protein powder, you may need to add a little more milk if the mixture feels too thick.

Health Benefits of This Recipe:

- Heart-Healthy Fiber: Gluten-free oats support digestion and help regulate cholesterol.
- Rich in Antioxidants: Mixed berries fight inflammation and support immune health.
- Blood Sugar-Friendly: Applesauce adds natural sweetness without added sugars.
- Protein-Enriched: Plant-based protein powder helps maintain energy and satiety.
- Dairy-Free & Gluten-Free: Gentle on digestion and ideal for sensitive diets.

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