

BAKED PUMPKIN OATS



INGREDIENTS:

- 1 scoop Birthdays Bliss Glam Pro
- 1/2 cup pumpkin puree
- 1 cup filtered milk, soy milk, or pea milk
- 1 cup rolled oats
- 1/2 tsp cinnamon
- 1/2 tsp baking powder
- 1 tbsp monk fruit sweetener
- 2 tbsp dark chocolate chips

DIRECTIONS:

1. Pre heat oven to 325 F
2. Add all ingredients, except the chocolate chips to a blender
3. Blend until smooth
4. Spray a 6 x 2 inch diameter round bake pan or 2 4-inch creme brulee dishes with cooking spray
5. Pour mixture into pan and top with chocolate chips
6. Bake for 25-35 minutes. If you prefer a gooey inside, cook closer to the 25 minute mark.

Enjoy!

Makes 2 Servings

Calories: 339 | Protein: 20 g | Carb: 42 g | Fat: 10 g | Fiber: 8 g