



## Blueberry Protein Baked Oats

Baked oats are an easy breakfast meal prep option and what better way to elevate this meal than with some extra protein from a delicious Muscle Milk Pro Protein Vanilla Crème Shake!

**Serving Size: 2 servings**

**Preparation Time: 25 minutes**

### Ingredients

- 1 bottle of Muscle Milk® Pro Protein Vanilla Crème Shake (14oz)
- 1/2 cup of rolled oats
- 1/2 ripe banana
- 1/2 cup of fresh or frozen blueberries
- 1 teaspoon of baking powder
- 1 teaspoon of vanilla extract
- 1 pinch of salt

### Directions

- Preheat the oven to 350°F and grease a small oven-safe baking dish.
- Place the banana in the baking dish and mash it with a fork.
- Add the oats, the full bottle of Muscle Milk® Pro Protein Vanilla Crème Shake, baking powder, vanilla, and salt directly into the dish.
- Mix thoroughly with a fork until all ingredients are fully combined.
- Sprinkle half of the blueberries over the batter and lightly stir them in.
- Top the surface with the remaining blueberries.
- Bake for 20 to 25 minutes or until the oats are firm.
- Let cool before eating & enjoy!