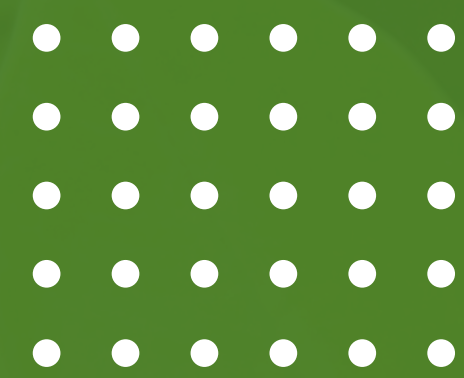
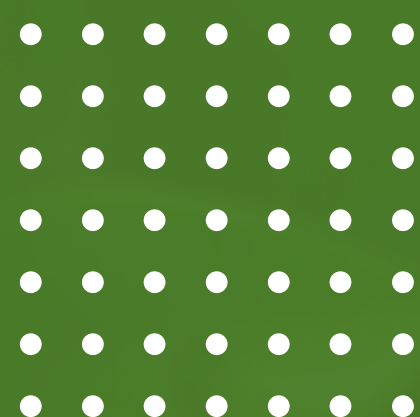


31 Days of Oatmeal



SWEET, SAVORY, & SATISFYING



@COACHEDBYKELS

BAKED OATMEAL



COSMIC BROWNIE
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COSMIC BROWNIE BAKED OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1/4 CUP PUMPKIN PUREE
- 1TBSP SF SYRUP
- 1 EGG WHITE
- 2TBSP COCO POWDER
- 1/4TSP BAKING POWDER
- 1/2TSP VANILLA
- 1/4TSP SALT

FROSTING:

- 2TBSP COCO POWDER
- 1TBSP SF SYRUP
- WATER (TO THIN, AS NEEDED)
- SPRINKLES, OPTIONAL

METHOD:

- PREHEAT OVEN TO 375 DEGREES
- IN A SMALL BLENDER PLACE ALL OAT INGREDIENTS AND BLEND UNTIL SMOOTH
- PLACE IN A GREASED OVEN SAFE BOWL AND BAKE FOR 15-18 MIN
- MIX FROSTING INGREDIENTS AND THIN WITH WATER TO DESIRED CONSISTENCY
- COOL 5 MIN BEFORE ADDING FROSTING



Calories: 288, Carb: 47g,
Pro: 16g, Fat: 4g

BIRTHDAY CAKE BAKED OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1TSP APPLESAUCE
- 1TBSP SF SYRUP
- 1TSP NF GREEK YOGURT
- 1/4TSP BAKING POWDER
- 1/2TSP VANILLA
- 1/4TSP SALT
- SPRINKLES, OPTIONAL

FROSTING:

- 2TSP NF GREEK YOGURT
- 1TSP SF JELLO MIX (I USED WHITE CHOC)
- SPRINKLES, OPTIONAL

METHOD:

- PREHEAT OVEN TO 400 DEGREES
- IN A SMALL BLENDER PLACE ALL OAT INGREDIENTS AND BLEND UNTIL SMOOTH
- PLACE IN A GREASED OVEN SAFE BOWL AND BAKE FOR 15-18 MIN
- MIX FROSTING INGREDIENTS AND THIN WITH WATER TO DESIRED CONSISTENCY
- COOL 5 MIN BEFORE ADDING FROSTING



Calories: 188, Carb: 34g,
Pro: 8g, Fat: 2.5g

ZUCCHINI BREAD

BAKED OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 2Tbsp SF SYRUP
- 1/2 CUP ZUCCHINI
- 1/2TSP VANILLA
- 1/8TSP SALT
- 1.4TSP CINNAMON
- 1/4TSP NUTMEG
- 5 PECANS
-



Calories: 268, Carb: 38g,
Pro: 9g, Fat: 11g

METHOD:

- PREHEAT OVEN TO 400 DEGREES
- SHRED THE ZUCCHINI AND WRING OUT EXTRA MOISTURE IN A CLOTH
- IN A SMALL BLENDER PLACE ALL OTHER OAT INGREDIENTS AND BLEND UNTIL SMOOTH
- STIR IN SHREDDED ZUCCHINI
- PLACE IN A GREASED OVEN SAFE BOWL AND BAKE FOR 15-20 MIN

CARROT CAKE BAKED OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1TBSP APPLE SAUCE
- 2TBSP SF SYRUP
- 1/4 CUP GRATED CARROTS
- 1 EGG WHITE
- 1/2TSP VANILLA
- 1/8TSP SALT
- 1.4TSP CINNAMON
- 1/4TSP NUTMEG
- 1/4TSP BAKING POWDER
- 5 PECANS

FROSTING:

- 2TBSP NF GREEK YOGURT
- 8G SF CREAM CHEESE JELLO
- CINNAMON & NUTMEG, OPTIONAL

METHOD:

- PREHEAT OVEN TO 375 DEGREES
- IN A SMALL BLENDER PLACE ALL OAT INGREDIENTS (EXCEPT CARROTS) AND BLEND UNTIL SMOOTH
- STIR IN GRATED CARROTS
- PLACE IN A GREASED OVEN SAFE BOWL AND BAKE FOR 15-18 MIN
- MIX FROSTING INGREDIENTS
- TOP WITH FROSTING AFTER COOLING FOR 5 MIN



Calories: 323, Carb: 46g,
Pro: 15g, Fat: 9g

LEMON POPPYSEED BAKED OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1/2 BANANA
- 1TSP HONEY
- JUICE OF 1 LEMON
- 1TSP POPPY SEEDS
- 1/2TSP ALMOND EXTRACT
- 1/8TSP SALT
- 1/4TSP BAKING POWDER

METHOD:

- PREHEAT OVEN TO 400 DEGREES
- IN A SMALL BLENDER PLACE ALL OAT INGREDIENTS AND BLEND UNTIL SMOOTH
- PLACE IN A GREASED OVEN SAFE BOWL AND BAKE FOR 18-20 MIN



Calories: 266, Carb: 50g,
Pro: 7g, Fat: 5g

STRAWBERRY CHEESECAKE BAKED OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1/2 SCOOP STRAWBERRY CHEESECAKE PROTEIN (I USE BODYTECH)
- 2TSP NF GREEK YOGURT
- 1/2TSP VANILLA EXTRACT
- 1/8TSP SALT
- 1/4TSP BAKING POWDER
- 30G STRAWBERRIES



Calories: 234, Carb: 32g,
Pro: 21g, Fat: 2g

METHOD:

- PREHEAT OVEN TO 400 DEGREES
- DICE STRAWBERRIES - SAVE A FEW FOR DECORATION IF YOU WANT!
- IN A SMALL BLENDER PLACE ALL OAT INGREDIENTS (EXCEPT STRAWBERRIES) AND BLEND UNTIL SMOOTH
- PLACE IN A GREASED OVEN SAFE BOWL, DROP ON STRAWBERRIES AND BAKE FOR 18-20 MIN

CORNBREAD BAKED OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 2TBSP PUMPKIN PUREE
- 1TBSP CORNMEAL
- 1TBSP SF SYRUP
- 1/8TSP SALT
- 1/4TSP BAKING POWDER
- 1/8TSP NUTMEG
-

METHOD:

- PREHEAT OVEN TO 375 DEGREES
- IN A SMALL BLENDER PLACE ALL OAT INGREDIENTS AND BLEND UNTIL SMOOTH
- PLACE IN A GREASED OVEN SAFE BOWL, AND BAKE FOR 15-17 MIN



Calories: , Carb: g,
Pro: g, Fat: g

PEANUT BUTTER EXPLOSION BAKED OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1TBSP COCOA POWDER
- 1TSP HONEY
- 1/2TSP VANILLA
- 1/8TSP SALT
- 1/4TSP BAKING POWDER
- 1TBSP PEANUT BUTTER



Calories: 305, Carb: 40g,
Pro: 11g, Fat: 14g

METHOD:

- PREHEAT OVEN TO 400 DEGREES
- IN A SMALL BLENDER PLACE ALL OAT INGREDIENTS AND BLEND UNTIL SMOOTH
- POUR 2/3 BATTER IN A GREASED OVEN SAFE BOWL
- DROP 2TSP OF PEANUT BUTTER IN THE CENTER
- POUR REMAINING BATTER
- MICROWAVE 1TSP OF PEANUT BUTTER AND DRIZZLE ON TOP
- BAKE FOR 20 MIN

OVERNIGHT OATMEAL



PEACHES & CREAM
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TIRAMISU
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APPLE PIE
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MOUNDS
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RASPBERRY VANILLA
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PEACHES & CREAM OVERNIGHT OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1TSP HONEY
- 1/2TSP CINNAMON
- 1/8TSP NUTMEG
- 1/8TSP SALT
- 100G PEACH (1/2 OF A SMALL PEACH)
- 1/4 CUP NF GREEK YOGURT



Calories: 255, Carb: 45g,
Pro: g13, Fat: 4g

METHOD:

- IN A JAR ADD OATS, MILK, HONEY, VANILLA, CINNAMON, NUTMEG AND SALT. STIR TO COMBINE.
- CUT 4 THIN SLICES OF THE PEACH AND CHOP THE REST. ADD THE CHOPPED PEACHES INTO THE OATMEAL AND STIR.
- SPOON THE YOGURT ON TOP IN A THIN LAYER. TOP WITH PEACH SLICES AND EXTRA CINNAMON.
- STORE IN FRIDGE AT LEAST 4 HOURS - OVERNIGHT IS BEST!

PRO-TIP: Add some protein powder to the yogurt for extra flavor, consistency, and protein!

TIRAMISU OVERNIGHT OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1TSP ESPRESSO POWDER
- 2TBSP NF GREEK YOGURT
- 1TSP COCO POWDER
- 1TSP FLAX SEED
- 1/2TSP VANILLA
- 1/8TSP SALT
- 1/2SCOOP PROTEIN POWDER (OPTIONAL)



Calories: 207, Carb: 32g,
Pro: 9g, Fat: 5g

METHOD:

- IN A JAR ADD OATS, MILK, ESPRESSO, HALF THE YOGURT, FLAX SEED, VANILLA, SALT, AND PROTEIN (IF USING, I USED VANILLA)
- LET SIT IN THE FRIDGE AT LEAST 4 HOURS BUT OVERNIGHT IS BEST!

APPLE PIE OVERNIGHT OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 2TSP NF GREEK YOGURT
- 2TBSP SF SYRUP
- 1/2TSP MAPLE EXTRACT
- 1/8TSP SALT
- 1/4TSP CINNAMON
- 1/4TSP NUTMEG
- 65G OF APPLE (I USED GALA)



Calories: 218, Carb: 43g,
Pro: 7g, Fat: 2.5g

METHOD:

- CHOP THE APPLES INTO SMALL PIECES
- ADD ALL THE INGREDIENTS TO A JAR
- SPREAD THE REMAINING YOGURT ON TOP AND SPRINKLE WITH CINNAMON
- PLACE IN THE FRIDGE AT LEAST 4 HOURS, BUT OVERNIGHT IS BEST

Macros with Protein:

Cal: 262, Carb: 33g, Pro: 22g, Fat: 5g

MOUNDS OVERNIGHT OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1TSP NF GREEK YOGURT
- 1TBSP UNSWEETENED SHREDED COCONUT
- 1/2TSP VANILLA
- 1/8TSP SALT

GANACHE

- 2TBSP COCOA POWDER
- 2TBSP SF SYRUP
- 2TBSP ALMOND MILK

METHOD:

- ADD ALL THE OAT INGREDIENTS AND MIX THOROUGHLY
- MIX THE GANACHE INGREDIENTS AND PUT ON TOP OF OATS
- CHILL IN FRIDGE AT LEAST 4 HOURS



Calories: 249, Carb: 10g,
Pro: 10g, Fat: 2.5g

RASPBERRY VANILLA OVERNIGHT OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1/2 SCOOP VANILLA PROTEIN POWDER
- 1/4C WATER
- 1 EGG WHITE
- 1TBSF SF SYRUP
- 1/4TSP CINNAMON
- 1/8TSP SALT
- 50G RASPBERRIES (FRESH OR FROZEN)



Calories: 291, Carb: 39g,
Pro: 24g, Fat: 4g

METHOD:

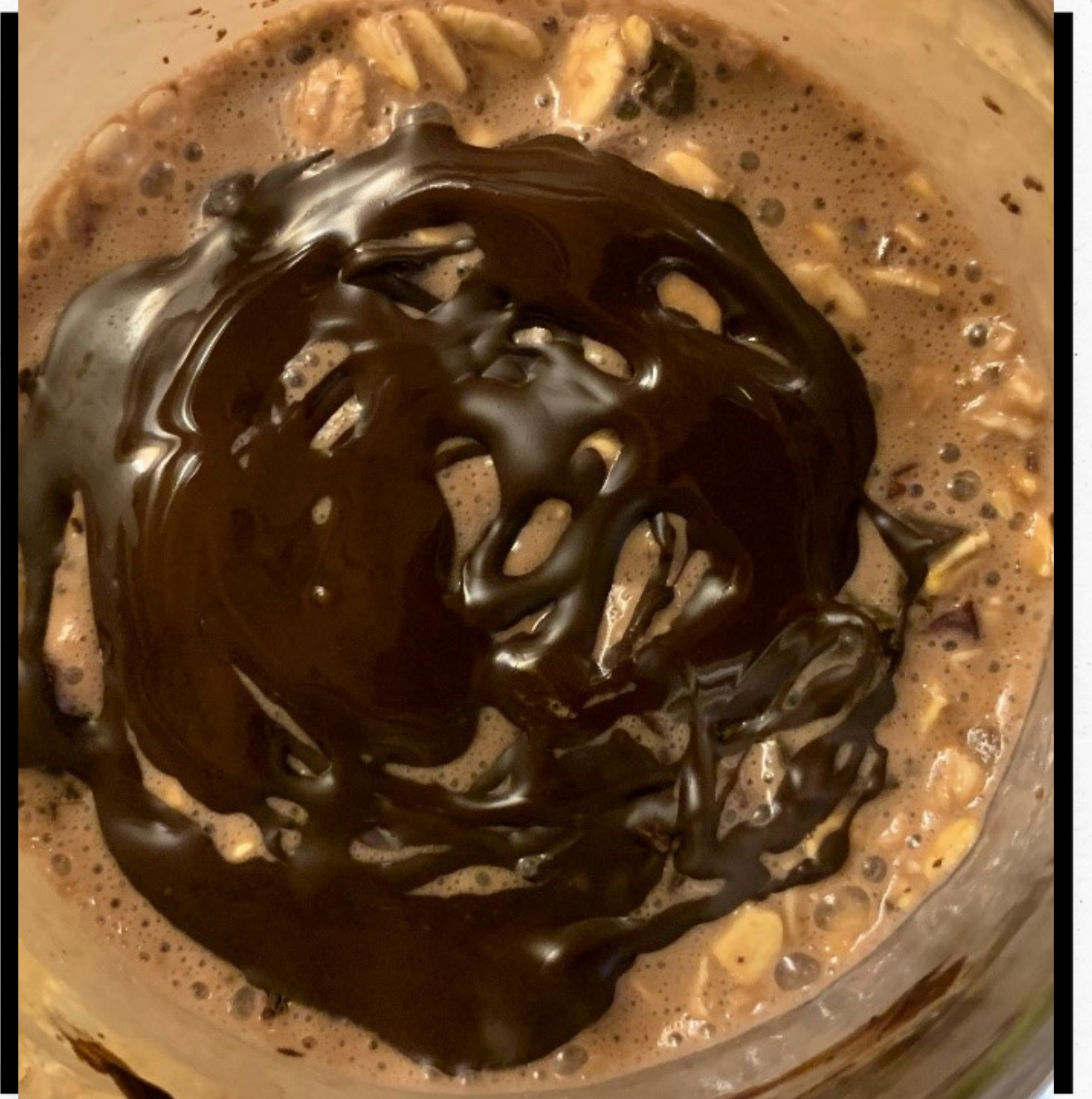
- IN A SMALL POT OVER MEDIUM HEAT, ADD THE OATS, MILK, WATER, SYRUP, CINNAMON, SALT, AND RASPBERRIES. COOK STIRRING REGULARLY APPROX. 10 MIN
- ADD THE EGG WHITE AND STIR CONTINUOUSLY
- TURN OFF THE HEAT, REMOVE THE POT FROM THE STOVE AND MIX IN THE PROTEIN
- ALLOW TO COOL, PLACE IN A CONTAINER AND LEAVE IN THE FRIDGE OVERNIGHT

DARK CHOC CHERRY OVERNIGHT OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1/4 CUP FROZEN PITTED CHERRIES
- 14G UNSWEETENED DARK BAKING CHOCOLATE
- 1TSP COCOA POWDER
- 1TSP VANILLA
- 1TSP YOGURT
- 1/8TSP SALT



Calories: 290, Carb: 39g,
Pro: 10g, Fat: 10g

METHOD:

- CHOP THE CHERRIES AND CHOCOLATE INTO SMALLER PIECES
- IN A JAR ADD THE OATMEAL, MILK, CHERRIES, HALF OF THE CHOCOLATE, COCOA POWDER, VANILLA, YOGURT, SALT, AND STIR
- MELT THE REMAINING CHOCOLATE AND DRIZZLE ON TOP TO FORM A "SHELL" COATING
- LET SIT IN THE REFRIGERATOR AT LEAST 4 HOURS BUT OVERNIGHT IS BEST

COOKIE DOUGHOATS OVERNIGHT OATS

Ingredients:

OATS:

- 1/2 CUP OATS
- 1/2 CUP ALMOND MILK
- 1TSP VANILLA
- 1TBSP NF GREEK YOGURT
- 1/8TSP SALT
- 1/4TSP BAKING POWDER
- 1/2 SQUARE UNSWEETENED BAKING CHOCOLATE

METHOD:

- CHOP THE CHOCOLATE
- MIX ALL THE INGREDIENTS INTO A JAR
- LET SIT IN THE FRIDGE AT LEAST 4 HOURS BUT OVERNIGHT IS BEST

Calories: 276, Carb: 33g,
Pro: 21g, Fat: 8g