

Recipe: Choconut Baked Oatmeal

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For this week's recipe, I wanted to post something that would be friendly for the 4 weeks to the Fourth program, but that wasn't a salad!

Of late I have been really excited about baked oatmeal. Nothing new to the health and fitness world, but has opened up a whole new vista of yummy morning or post-workout meal options that feel super indulgent and are fast and easy.

Baked oatmeal feels indulgent, but its core ingredients are egg whites, protein powder and oats. From that base, the combinations and possibilities are endless and delightful.

Today, we share the most tantalizing combination of cocoa and coconut.

Ingredients

- 6 egg whites
- ¾ cup filtered water
- 2 scoops protein powder
- 3 TB unsweetened cocoa powder
- ½ cup old fashioned rolled oats (or steel cut oats)
- 2 TB shredded coconut (optional)
- 3 tsp truvia, or to taste (note: this will make for a less-sweet recipe. Add more if you like sweet)
- 2 dropperfuls chocolate stevia drops (you can sub for another flavor, or use more truvia)
- 3 drops coconut Capella drops (optional)
- 1 tsp apple cider vinegar
- ¼ tsp baking powder
- dash vanilla
- pinch sea salt

How To

Preheat oven to 350F and spray a 9in x 9in Pyrex/baking dish with zero-cal coconut spray or other zero-cal non-stick spray. Combine all ingredients in blender or

Vitamix and blend until smooth. Pour into pan and sprinkle with a little shredded coconut for a nice presentation touch ☺ Bake until knife tested in the center comes out clean, about 15-25 minutes depending on your oven.

I had this after sprints with a small glass of black iced coffee. It was the first meal of the day.

This is a recipe for two servings, and can easily be halved, doubled, etc.

Per serving:

Protein: 40 grams

Fat: 5.5 grams

Carb: 17 grams

Fiber: 7 grams

One pan = 2 servings. Hello! ☺