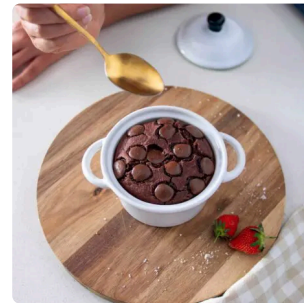


Brownie Baked Oats

Indulge in these Vegan Brownie Baked Oats for breakfast! Packed with wholesome ingredients, these oats offer a delightful chocolatey twist to your morning routine. Just 10 ingredients required and freezer-friendly too!

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PREP TIME

15 minutes

COOK TIME

25 minutes

TOTAL TIME

40 minutes

Servings 2

Course Breakfast, Snack

Cuisine Global

Keyword 10 ingredients or less, bananas, chocolate, Chocolate Baked Oats, Gluten-free Baked Oats, Healthy Breakfast Oats, oats, peanut butter, soy milk

Ingredients

- 236.59 ml soy milk
- 81 g oats
- 1 very ripe banana see notes
- 1 tbsp ground flaxseed
- 2 tbsp cacao powder
- 0.5 tsp baking powder
- 1 tbsp peanut butter
- 0.13 tsp sea salt flakes
- Chocolate chips optional

Instructions

1. Preheat the oven to 175 °C
2. Combine all the ingredients, except the chocolate chips, in a blender. If you prefer, you can mash the banana with a fork and whisk all the ingredients together in a bowl.
3. Pour the mixture into an oven-safe dish. Make sure the dish is large enough to allow the oats to expand as they bake.
4. Add a generous dollop of peanut butter to the center of the mixture. This will give you a creamy, rich center once baked.
5. Sprinkle the top with chocolate chips. You can add as many or as few as you like depending on your preference.

6. Bake in the preheated oven for 20 to 25 minutes. Keep an eye on it to make sure it doesn't overcook.
7. Once baked, remove from the oven and let it cool for a few minutes before digging in. Enjoy your Vegan Brownie Baked Oats warm for the best experience!

Notes

Use a well ripe banana; they are the main source of sweetener in this recipe, so if your banana isn't very ripe, or if you like your breakfast on the sweeter side, consider adding a sweetener of choice, such as maple syrup or monk fruit.

Can I substitute soy milk for another milk? Yes, you can substitute soy milk with almond milk or any other plant-based milk of your choice. The taste might vary slightly, but the recipe will still be delicious!

Brownie Baked Oats <https://plantbaes.com/vegan-brownie-baked-oats/>