

Breakfast

Protein-Packed Oatmeal Bake

10 Mins
Prep Time

25 Mins
Cook Time

6
Servings

250 Calories **6g Fat** **37g Carbs** **10g Protein**



Ingredients

6 Servings **35 Mins Total Time** **Allergens: Nuts, Dairy, Eggs**

- 2 Cups Old Fashioned Oats
- ¼ Cup Chia Seeds
- 1 Tsp Baking Powder
- 2 Tsp Cinnamon
- ½ Tsp Salt
- 1 Cup Vanilla Unsweetened Almond Milk
- 1 Cup Vanilla Greek Yogurt
- 3 Egg Whites
- 1 Tsp Vanilla Extract
- 1 Banana, sliced
- 1 Peach, diced (**wash under cold running water before dicing**)
- Honey or Maple Syrup, optional

Allergen Swap

Nuts Omit almond milk and replace with cow's milk or soy milk

Dairy Replace Greek yogurt with a non-dairy alternative yogurt

Eggs Use a commercial egg replacer

Nourishment Note



Oatmeal

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water, potentially providing diarrhea relief.



Chia Seeds

Chia seeds are high in protein, fiber and omega-3 fatty acids. These nutrients, particularly protein, may be especially beneficial for those living with HIV due to an increase in protein requirements.



Greek Yogurt

Greek yogurt is an excellent source of high-quality protein. Protein needs may be greater when fighting an active infection.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat oven to 350° and spray an 8"x 8" baking dish with non-stick cooking spray. Set aside.

3. Mix Ingredients

In a large mixing bowl, mix the oats, chia seeds, baking powder, cinnamon and salt. Stir in the almond milk, yogurt, egg whites and vanilla. Finally, gently fold in the sliced banana and diced peach.

4. Pour Mixture into Baking Sheet

Evenly pour the mixture into the prepared baking dish. Bake for 25–30 minutes until golden brown.

5. Serve and Enjoy

Serve drizzled with honey or maple syrup. Enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians

What You'll Need



Non-Stick Cooking Spray



Large Mixing Bowl



Measuring Cups



Measuring Spoons



8"x8" Baking Dish



Mixing Spoon



Knife



Cutting Board

Fatigue Buster

Make this bake at the beginning of the week for a quick and easy breakfast all week long.