

Zucchini Bread Recipes

Easy Peanut Butter Protein Oatmeal Cups

15 min Prep time	**15 min** Cook time	**30 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups rolled oats
- [ ] 1/2 cup natural peanut butter
- [ ] 1 ripe banana, mashed
- [ ] 1/2 cup vanilla protein powder
- [ ] 2 tbsp honey
- [ ] 1 tsp ground cinnamon
- [ ] 1/4 tsp sea salt
- [ ] 1/4 cup chopped walnuts (optional)
- [ ] 2 tbsp milk of choice

Instructions

1. Preheat the oven to 350°F (175°C). Lightly grease a 12-cup muffin tin or line with silicone liners.



2. In a large bowl, whisk together the mashed banana, peanut butter, honey, milk, and sea salt until smooth.



3. Add the rolled oats, cinnamon, and protein powder; stir gently until just combined. peanut butter protein balls recipe



4. Divide the batter evenly among the muffin cups, smoothing the tops. Sprinkle chopped walnuts or your favorite topping if desired.



5 Bake for 12-15 minutes, until the edges are lightly golden and a toothpick inserted comes out clean. Let cool in the pan for 5 minutes before removing.



6 Enjoy warm, or store in an airtight container for later. high protein overnight oats recipe



Nutrition per serving

250 kcal	12 g	28 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter feels too dry, add a splash more milk.
- For extra crunch, stir in a handful of toasted quinoa before baking.
- These cups freeze well; reheat in the microwave for 30 seconds.