



## **The Bloomer's Garden**

### **22 Delicious Vegan Oatmeal Recipes**

Created by NIOLA BLOOMS



# The Bloomer's Garden Plant Based Recipes

By NIOLA BLOOMS

## NOTES ON THE INGREDIENTS

I hope you will love these vegan recipes!

**Here are a few notes to help you with the preparation:**

- You can use any vegan-friendly milk such as almond, soy milk or oat milk in the recipes.
- You can use coconut or soy yogurt.
- Use maple syrup instead of honey.
- Any plant-based protein powder can be used in recipes such as pea protein powder.
- Use vegan cheese such as cheese made from soy or coconut.
- Protein sources in the recipes can be swapped out with whatever protein you have available such as tofu, tempeh, lentils, beans or chickpeas.

I cannot wait to see your dishes!

Contact me at **hello@niolablooms.com** if you have any questions or feedback.

Happy cooking!

Niola Blooms

# Carrot Cake Overnight Oats

9 ingredients · 8 hours · 1 serving



## Directions

1. Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

## Notes

### No Coconut Yogurt

Omit, or use another type of yogurt instead.

### Nut-Free

Omit, or use pumpkin seeds.

### Sugar-Free

Omit the maple syrup, or use a sugar-free sweetener of your choice.

### No Almond Milk

Use any other type of milk instead.

### Grated Carrot

Half a medium carrot is equal to about 1/2 cup of grated carrot.

### Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.

### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

- 1/2 cup Oats (rolled)
- 1/4 Carrot (medium, grated)
- 1 tbsp Chia Seeds
- 1/4 tsp Cinnamon
- 1/8 tsp Ground Ginger
- 2/3 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tbsp Unsweetened Coconut Yogurt
- 1 tbsp Walnuts (roughly chopped)

## Nutrition

Amount per serving

Calories	348	Vitamin A	2862IU
Fat	14g	Calcium	441mg
Carbs	50g	Iron	3mg
Fiber	9g	Vitamin B6	0.1mg
Protein	9g	Vitamin B12	0.2µg



# Pear Spice Overnight Oats

9 ingredients · 8 hours · 4 servings



## Directions

1. In a large bowl, combine the kefir, water, oats, honey, cinnamon, allspice, chia and half of the sliced pear. Cover and refrigerate overnight.
2. In the morning, divide into bowls or individual containers and top with tahini and the remaining pears. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Toppings

Add your favourite toppings such as walnuts, pecans, nutmeg, hemp seeds, ground flax, sesame seeds, pumpkin seeds or shredded coconut.

### Dairy-Free

Use coconut milk kefir or any alternative milk instead.

### No Pears

Use apples instead.

## Ingredients

- 2 cups Plain Kefir
- 1 cup Water
- 2 cups Oats (rolled)
- 2 tbsps Raw Honey
- 1 tsp Cinnamon
- 1 tsp Ground Allspice
- 2 tbsps Chia Seeds
- 2 Pear (sliced and divided)
- 1/4 cup Tahini

## Nutrition

Amount per serving

Calories	426	Vitamin A	286IU
Fat	14g	Calcium	342mg
Carbs	65g	Iron	4mg
Fiber	10g	Vitamin B6	0.1mg
Protein	15g	Vitamin B12	0.6µg

# Mocha Overnight Protein Oats

7 ingredients · 8 hours · 4 servings



## Directions

1. Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
2. Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

- 2 cups Oats (rolled)
- 1/4 cup Chia Seeds
- 1/4 cup Cocoa Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 cup Coffee (brewed and chilled)
- 1/4 cup Cacao Nibs

## Nutrition

Amount per serving

Calories	328	Vitamin A	250IU
Fat	12g	Calcium	384mg
Carbs	40g	Iron	4mg
Fiber	12g	Vitamin B6	0.1mg
Protein	19g	Vitamin B12	0.3µg



# Apple Cinnamon Overnight Oats

10 ingredients · 8 hours · 4 servings



## Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
3. Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

## Notes

### More Protein

Add hemp seeds or a spoonful of nut butter.

### Warm it Up

Heat in the microwave for 30 to 60 seconds before eating.

### No Maple Syrup

Use honey to sweeten instead.

### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

**1 1/2 cups** Oats (quick oats work best)

**1 1/2 cups** Unsweetened Almond Milk

**2 tbsps** Chia Seeds

**1 tbsp** Maple Syrup

**1 tsp** Cinnamon

**1/4 tsp** Nutmeg

**1/2 tsp** Vanilla Extract

**1/2 cup** Water

**1** Apple (cored and diced)

**1 cup** Walnuts (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	393	Vitamin A	214IU
<b>Fat</b>	25g	Calcium	265mg
<b>Carbs</b>	38g	Iron	3mg
Fiber	8g	Vitamin B6	0.2mg
<b>Protein</b>	10g	Vitamin B12	0µg

# Blueberry Overnight Oats

8 ingredients · 8 hours · 4 servings



## Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

## Nutrition

Amount per serving

Calories	414	Vitamin A	209IU
Fat	23g	Calcium	330mg
Carbs	43g	Iron	4mg
Fiber	10g	Vitamin B6	0.1mg
Protein	14g	Vitamin B12	0µg

# Vanilla Latte Overnight Oats

8 ingredients · 3 hours · 2 servings



## Directions

1. In a mixing bowl whisk together almond milk, cold coffee, half of the almond butter, maple syrup and vanilla extract. Stir in the oats and chia seeds until well combined.
2. Cover and refrigerate for at least 3 hours or up to overnight.
3. To serve, divide between bowls and top with the remaining almond butter and cacao nibs. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Add cinnamon or pumpkin spice.

### Additional Toppings

Top with shredded coconut, additional chia seeds or hemp seeds.

### More Protein

Stir in your favorite protein powder or collagen powder.

## Ingredients

**3/4 cup** Unsweetened Almond Milk  
**1/2 cup** Coffee (cold, strong brewed)  
**2 tbsps** Almond Butter (divided)  
**1 tbsp** Maple Syrup  
**1/4 tsp** Vanilla Extract  
**3/4 cup** Quick Oats  
**2 tbsps** Chia Seeds  
**2 tsps** Cacao Nibs

## Nutrition

Amount per serving

<b>Calories</b>	325	Vitamin A	187IU
<b>Fat</b>	17g	Calcium	319mg
<b>Carbs</b>	37g	Iron	3mg
Fiber	9g	Vitamin B6	0mg
<b>Protein</b>	10g	Vitamin B12	0µg



# Blood Orange Tahini Overnight Oats

5 ingredients · 8 hours · 2 servings



## Directions

1. Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to three days.

### Gluten-Free

Use certified gluten-free oats.

### More Flavor

Add maple syrup or cinnamon.

### Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

### No Blood Oranges

Use regular navel oranges instead.

## Ingredients

**1 cup** Oats (rolled)

**1 1/4 cups** Plain Coconut Milk (unsweetened, from the carton)

**1 tbsp** Chia Seeds

**2** Blood Orange (small, peeled and chopped)

**1 tbsp** Tahini

## Nutrition

Amount per serving

<b>Calories</b>	346	Vitamin A	663IU
<b>Fat</b>	12g	Calcium	429mg
<b>Carbs</b>	53g	Iron	3mg
Fiber	9g	Vitamin B6	0.2mg
<b>Protein</b>	9g	Vitamin B12	1.9µg

# Overnight Vanilla Protein Oats

7 ingredients · 8 hours · 2 servings



## Directions

1. In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
2. After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
3. Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

## Notes

### Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

### Leftovers

Keep well in the fridge for 3 to 4 days.

### No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

## Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

## Nutrition

Amount per serving

Calories	311	Vitamin A	327IU
Fat	11g	Calcium	425mg
Carbs	37g	Iron	3mg
Fiber	9g	Vitamin B6	0.1mg
Protein	18g	Vitamin B12	0.3µg



# Peaches & Cream Overnight Oats

8 ingredients · 8 hours · 4 servings



## Directions

1. In a large bowl, combine the oats, cinnamon, and chia seeds. Stir to combine.
2. Add the coconut yogurt, almond milk, vanilla extract and maple syrup. Stir well and let stand to thicken, about 20 minutes.
3. Divide between jars or containers and top with fresh peaches. Refrigerate overnight, or for a few hours. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### No Coconut Yogurt

Use plain Greek yogurt instead.

## Ingredients

- 1 cup Oats (quick or traditional)
- 1 tsp Cinnamon
- 1/4 cup Chia Seeds
- 2 cups Unsweetened Coconut Yogurt
- 2 cups Unsweetened Almond Milk
- 2 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 2 Peach (medium, diced)

## Nutrition

Amount per serving

Calories	269	Vitamin A	496IU
Fat	10g	Calcium	574mg
Carbs	40g	Iron	2mg
Fiber	8g	Vitamin B6	0mg
Protein	6g	Vitamin B12	1.4µg



# Strawberry Coconut Overnight Oats

7 ingredients · 8 hours · 4 servings



## Directions

1. Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Warm It Up

Heat in the microwave for 30 to 60 seconds before eating

### More Protein

Add extra hemp seeds

## Ingredients

- 1 1/2 cups Oats (quick)
- 1 1/2 cups Canned Coconut Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 3/4 cup Water
- 2 cups Strawberries (sliced)
- 1/4 cup Hemp Seeds

## Nutrition

Amount per serving

Calories	396	Vitamin A	10IU
Fat	25g	Calcium	81mg
Carbs	35g	Iron	3mg
Fiber	6g	Vitamin B6	0.1mg
Protein	10g	Vitamin B12	0µg

# Strawberries & Cream Oats

6 ingredients · 15 minutes · 2 servings



## Directions

1. Add the almond milk, half of the strawberries, maple syrup and vanilla to a high-speed blender. Blend until smooth. Season with additional vanilla and maple syrup if needed.
2. Transfer strawberry milk to a saucepan over medium heat and stir in the oats. Bring to a gentle boil and cook, stirring occasionally for 8 to 10 minutes or until oats are tender and creamy. Stir in remaining strawberries and chia seeds, if using, and let it cook for another minute.
3. Serve immediately and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Reheat with extra almond milk if needed.

### Additional Toppings

Serve with additional chopped strawberries, extra chia seeds or a drizzle of almond butter.

### No Fresh Strawberries

Use frozen strawberries instead. Cooking time may vary with frozen strawberries.

## Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Strawberries (chopped, divided)
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Vanilla Extract
- 1 cup Oats (rolled)
- 1 tbsp Chia Seeds (optional)

## Nutrition

Amount per serving

Calories	300	Vitamin A	516IU
Fat	8g	Calcium	544mg
Carbs	52g	Iron	3mg
Fiber	9g	Vitamin B6	0.1mg
Protein	8g	Vitamin B12	0µg



# Tropical Coconut Oatmeal

6 ingredients · 15 minutes · 2 servings



## Directions

1. In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
2. Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

### More Flavor

Add a pinch of cinnamon.

### Likes it Sweet

Add a drizzle of maple syrup or honey.

## Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (from the box)
- 1 1/2 tbsps Chia Seeds
- 1 Mango (cubed)
- 1 tbsp Coconut Butter (melted)
- 2 tbsps Unsweetened Coconut Flakes

## Nutrition

Amount per serving

Calories	435	Vitamin A	2130IU
Fat	18g	Calcium	372mg
Carbs	64g	Iron	3mg
Fiber	11g	Vitamin B6	0.2mg
Protein	9g	Vitamin B12	1.9µg



# Caramelized Banana & Almond Oatmeal

8 ingredients · 10 minutes · 1 serving



## Directions

1. Add oats, almond milk and half of the cinnamon to a small saucepan. Bring to a low boil then reduce to a steady simmer. Cook, stirring occasionally, for about 5 minutes or until the oats are tender and most of the liquid is absorbed.
2. Meanwhile, in a small pan, heat the coconut oil over medium-high heat. Add the remaining cinnamon and the banana cut side down. Cook for 1 to 2 minutes until slightly browned and caramelized.
3. Transfer the cooked oats to a bowl and top with caramelized banana, almonds, hemp hearts, and almond butter. Enjoy!

## Notes

### Likes it Sweet

Add a drizzle of maple syrup.

### No Coconut Oil

Use ghee or butter instead.

### No Rolled Oats

Use steel cut oats instead. Cook times will vary.

### Nut-Free

Use a nut-free milk, seed butter and seeds for the toppings.

## Ingredients

- 1/2 cup Oats (rolled or old-fashioned)
- 1 cup Unsweetened Almond Milk
- 1/4 tsp Cinnamon (divided)
- 1/2 tsp Coconut Oil
- 1/2 Banana (sliced lengthwise down the middle)
- 2 tbsps Almonds (chopped)
- 1 tbsp Hemp Seeds
- 1 tbsp Almond Butter

## Nutrition

Amount per serving

Calories	511	Vitamin A	540IU
Fat	30g	Calcium	591mg
Carbs	50g	Iron	4mg
Fiber	11g	Vitamin B6	0.4mg
Protein	17g	Vitamin B12	0µg

# Blueberry Breakfast Crisp

10 ingredients · 50 minutes · 4 servings



## Directions

1. Preheat oven to 350°F (177°C) and grease a pie plate or baking dish.
2. In a mixing bowl add the blueberries, lemon juice, vanilla, arrowroot powder and half of the maple syrup. Stir to coat the blueberries evenly. Add the blueberry mixture to the prepared pie plate. Set aside.
3. In a second mixing bowl, add the oats, ground flax, almond flour, and cinnamon. Stir to combine.
4. Whisk the melted coconut oil with the remaining maple syrup and add to the oat mixture stirring until oats are evenly coated.
5. Spoon the oat mixture over top of the blueberries in the pie plate and smooth into an even layer.
6. Bake for 40 to 45 minutes until the blueberries are bubbly and the oats are golden brown. (The oats may seem a bit soft but they will crisp up as it cools.)
7. Remove from oven, let cool and enjoy!

## Notes

### Serving Dish Size

Use a 9-inch pie plate or 9 x 9-inch baking dish for 4 servings.

### Meal Prep

You can make this breakfast ahead and store in the fridge. Enjoy cold or reheat before serving.

### More Protein

Serve with Greek yogurt.

### Leftovers

Keeps in the fridge for up to 3 days. The oats will lose their crispiness overtime.

## Ingredients

- 2 1/2 cups Blueberries (fresh or frozen)
- 2 tbsps Lemon Juice
- 1/2 tsp Vanilla Extract
- 2 tsps Arrowroot Powder
- 1/4 cup Maple Syrup (divided)
- 1 cup Oats (rolled)
- 1/4 cup Ground Flax Seed
- 1/4 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/3 cup Coconut Oil (melted)

## Nutrition

Amount per serving

Calories	417	Vitamin A	51IU
Fat	24g	Calcium	65mg
Carbs	46g	Iron	2mg
Fiber	7g	Vitamin B6	0.1mg
Protein	6g	Vitamin B12	0µg



# Strawberry Coconut Oatmeal Muffins

8 ingredients · 40 minutes · 12 servings



## Directions

1. Preheat your oven to 375°F (190°C) and line a muffin pan with liners.
2. In a small mixing bowl combine the coconut milk, maple syrup, vanilla extract and ground flax. Stir to combine and let it sit for at least 5 minutes.
3. In a second mixing bowl combine the oats, shredded coconut and baking powder. Add the coconut milk mixture to the oats and mix well. Fold in the chopped strawberries.
4. Divide the oatmeal batter between the muffin cups and bake for 24 to 28 minutes or until the muffins are golden brown around the edges and just firm to the touch. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

### Serving Size

One serving is equal to one muffin.

### More Flavor

Add cinnamon or a pinch of salt.

### No Strawberries

Use blueberries or raspberries instead. Fresh berries are best instead of frozen.

### No Maple Syrup

Use honey or agave instead.

### No Rolled Oats

Use quick oats instead.

### No Muffin Liners

Use a non-stick muffin pan or grease pan with coconut oil.

## Ingredients

**1 3/4 cups** Canned Coconut Milk (full fat)

**1/4 cup** Maple Syrup

**1 1/2 tsps** Vanilla Extract

**2 tsps** Ground Flax Seed

**2 cups** Oats (rolled)

**1/2 cup** Unsweetened Shredded Coconut

**1 tsp** Baking Powder

**1 cup** Strawberries (fresh, chopped)

## Nutrition

Amount per serving

<b>Calories</b>	164	<b>Vitamin A</b>	1IU
<b>Fat</b>	10g	<b>Calcium</b>	41mg
<b>Carbs</b>	17g	<b>Iron</b>	1mg
<b>Fiber</b>	2g	<b>Vitamin B6</b>	0mg
<b>Protein</b>	3g	<b>Vitamin B12</b>	0µg



# Gingerbread Oatmeal Bars

11 ingredients · 1 hour 20 minutes · 8 servings



## Directions

1. Preheat the oven to 325°F (163°C) and line a baking pan with parchment paper.
2. In a large bowl add the maple syrup, molasses and almond butter and stir well. Add the oats, pumpkin seeds, walnuts, ginger, cinnamon, nutmeg, cloves and sea salt into the maple syrup mixture. Stir to mix, ensuring everything is well combined.
3. Pour the mixture into the prepared pan. Wet your fingertips with a bit of water to prevent sticking and smooth down the mixture with your hands. Bake for 16 to 18 minutes.
4. Let the pan cool for up to 20 minutes. Transfer to the fridge to chill completely for about an hour, and then slice into bars. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

### Serving Size

One serving is equal to one bar. An 8x8 inch pan was used to make eight servings.

## Ingredients

- 1/3 cup Maple Syrup
- 1 1/2 tbsps Blackstrap Molasses
- 1/2 cup Almond Butter
- 1 cup Oats
- 1/3 cup Pumpkin Seeds
- 1/3 cup Walnuts (roughly chopped)
- 1/3 tsp Ground Ginger
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/4 tsp Ground Cloves
- 1/4 tsp Sea Salt

## Nutrition

Amount per serving

Calories	240	Vitamin A	1IU
Fat	15g	Calcium	104mg
Carbs	23g	Iron	3mg
Fiber	4g	Vitamin B6	0.1mg
Protein	7g	Vitamin B12	0µg

# Berry Baked Oatmeal

8 ingredients · 45 minutes · 6 servings



## Directions

1. Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
2. Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
3. Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

### No Applesauce

Use mashed banana instead.

### No Almonds

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

## Ingredients

**2 cups** Oats (quick or traditional)

**2 cups** Unsweetened Almond Milk

**2 tbsps** Maple Syrup

**1/2 cup** Unsweetened Applesauce

**1 tsp** Cinnamon

**2 tbsps** Chia Seeds

**2 cups** Frozen Berries

**1/4 cup** Sliced Almonds

## Nutrition

Amount per serving

<b>Calories</b>	221	Vitamin A	174IU
<b>Fat</b>	7g	Calcium	222mg
<b>Carbs</b>	35g	Iron	2mg
Fiber	7g	Vitamin B6	0mg
<b>Protein</b>	6g	Vitamin B12	0µg



# Breakfast Oatmeal Cookies

5 ingredients · 20 minutes · 8 servings



## Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
3. Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
4. Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

## Notes

### No Peanut Butter

Use almond, cashew, or sunflower seed butter instead.

### Gluten-Free

Use certified gluten-free oats.

### Sugar-Free

Use sugar-free chocolate chips or dried cranberries.

### Leftovers

Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

### Serving Size

One serving is equal to one cookie.

## Ingredients

- 2 cups Oats (rolled)
- 3 Banana (mashed)
- 1/2 cup All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 1/4 cup Dark Chocolate Chips

## Nutrition

Amount per serving

Calories	258	Vitamin A	28IU
Fat	12g	Calcium	21mg
Carbs	31g	Iron	1mg
Fiber	4g	Vitamin B6	0.3mg
Protein	7g	Vitamin B12	0µg



# Cranberry Protein Cookies

6 ingredients · 20 minutes · 1 serving



## Directions

1. Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

## Notes

### Serving Size

One serving is equal to one cookie.

### Leftovers

Store in the fridge for up to four days or in the freezer for up to three months.

## Ingredients

- 1/8 Banana (mashed)
- 1 1/2 **tsps** Vanilla Protein Powder
- 2 **tbsps** Oats
- 2 **tbsps** Almond Butter
- 1/16 **tsp** Cinnamon
- 1 1/2 **tsps** Dried Unsweetened Cranberries

## Nutrition

Amount per serving

<b>Calories</b>	266	Vitamin A	10IU
<b>Fat</b>	18g	Calcium	130mg
<b>Carbs</b>	19g	Iron	2mg
Fiber	5g	Vitamin B6	0.1mg
<b>Protein</b>	10g	Vitamin B12	0.1µg

# Cinnamon Protein Energy Bites

9 ingredients · 35 minutes · 14 servings



## Directions

1. In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
2. Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

## Notes

### Storage

Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

### Serving Size

One serving is equal to one ball.

### Nut-Free

Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

### No Maple Syrup

Use honey instead.

### Gluten-Free

Use certified gluten-free quick oats.

### No Quick Oats

For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

### No Protein Powder

Use more oat flour instead.

## Ingredients

**1/3 cup** Oats (quick)

**1/4 cup** Oat Flour

**1/4 cup** Vanilla Protein Powder

**1/4 cup** Ground Flax Seed

**2 tbsps** Chia Seeds

**1 1/2 tsps** Cinnamon

**1/2 cup** Almond Butter

**1/4 cup** Maple Syrup

**1 tbsp** Unsweetened Almond Milk (optional; if needed)

## Nutrition

Amount per serving

<b>Calories</b>	111	<b>Vitamin A</b>	3IU
<b>Fat</b>	7g	<b>Calcium</b>	64mg
<b>Carbs</b>	10g	<b>Iron</b>	1mg
<b>Fiber</b>	2g	<b>Vitamin B6</b>	0mg
<b>Protein</b>	5g	<b>Vitamin B12</b>	0µg



# Banana Oat Chocolate Chip Cookies

10 ingredients · 25 minutes · 12 servings



## Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
3. Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
4. Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

## Notes

### Serving Size

One serving is equal to one large cookie.

### No Chocolate Chips

Use raisins, dried cranberries, chopped figs or cacao nibs instead.

### No Sunflower Seed Butter

Use tahini, peanut butter or almond butter instead.

### Leftovers

Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.

## Ingredients

**3** Banana (large, ripe, mashed)

**1/2 cup** Sunflower Seed Butter

**1/4 cup** Coconut Oil

**1 tsp** Vanilla Extract

**2 cups** Oats (large flake)

**1/3 cup** Unsweetened Shredded Coconut

**1 tsp** Baking Powder

**1/4 tsp** Cinnamon

**1/4 tsp** Sea Salt

**1/2 cup** Dark Chocolate Chips

## Nutrition

Amount per serving

<b>Calories</b>	260	<b>Vitamin A</b>	25IU
<b>Fat</b>	16g	<b>Calcium</b>	38mg
<b>Carbs</b>	24g	<b>Iron</b>	1mg
<b>Fiber</b>	3g	<b>Vitamin B6</b>	0.2mg
<b>Protein</b>	5g	<b>Vitamin B12</b>	0µg

# Peanut Butter Banana Oatmeal Bake

6 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 375°F (191°C). Line a square or loaf pan with parchment paper, or grease it with your choice of oil.
2. Cut half of your bananas into slices, and mash the remaining half with the back of a fork.
3. In a mixing bowl, combine the oats, milk, maple syrup, chia, mashed bananas, and 2/3 of the peanut butter.
4. Transfer the mixture to your pan. Top with banana slices and drizzle the remaining peanut butter over top. Bake for 35 minutes and let cool slightly before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

### No Peanut Butter

Use sunflower seed, almond, cashew or hazelnut butter instead.

### No Maple Syrup

Use honey, dates, stevia or extra banana instead.

### No Almond Milk

Use cashew milk or regular milk.

### More Fibre

Add ground flax seed.

## Ingredients

- 2 Banana (divided)
- 2 cups Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Chia Seeds
- 1/3 cup All Natural Peanut Butter (divided)

## Nutrition

Amount per serving

Calories	421	Vitamin A	287IU
Fat	19g	Calcium	305mg
Carbs	56g	Iron	3mg
Fiber	9g	Vitamin B6	0.4mg
Protein	13g	Vitamin B12	0µg