

Choco Fever Dream

Peanut Butter Protein Oatmeal Cups – Easy Breakfast

10 min Prep time	**20 min** Cook time	**30 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups rolled oats
- [ ] 1/2 cup creamy peanut butter
- [ ] 1/2 cup plain Greek yogurt
- [ ] 1/4 cup honey
- [ ] 1/2 cup vanilla protein powder
- [ ] 1 tsp vanilla extract
- [ ] 1/4 tsp sea salt
- [ ] 1 ripe banana, sliced (optional)

Instructions

1. Preheat the oven to 350°F (175°C) and line a muffin tin with silicone cups.
2. In a large bowl, combine rolled oats, protein powder, and sea salt; stir gently.
3. In a saucepan over low heat, melt peanut butter with honey until smooth, then whisk in Greek yogurt and vanilla.
4. Pour the wet mixture over the dry oats, stir until everything is evenly coated. Fold in banana slices if using.
5. Spoon the batter into the prepared cups, about three-quarters full. Bake for 18-20 minutes until the tops are lightly golden.

Nutrition per serving

250 kcal	12 g	30 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter seems too thick, add a splash of milk or plant-based milk.
- For extra crunch, sprinkle a few chopped peanuts on top before baking.
- Let the cups cool for 5 minutes; they firm up and release more easily.