

Treasure Barrel

Easy Peanut Butter Protein Oatmeal Cups

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

Ingredients

Main Ingredients

- [ ] 2 cups rolled oats
- [ ] 1 cup natural peanut butter
- [ ] 1/2 cup honey
- [ ] 1/2 cup Greek yogurt
- [ ] 1/2 cup almond milk
- [ ] 1 scoop vanilla protein powder
- [ ] 1 tsp vanilla extract
- [ ] 1/4 tsp sea salt

Optional Add-ins

- [ ] 1/4 cup dark chocolate chips
- [ ] 2 tbsp chopped peanuts

Instructions

1. Preheat the oven to 350°F (175°C) and line a 12-cup muffin tin with silicone cups.
2. In a large bowl, whisk together rolled oats, protein powder, and sea salt.
3. In another bowl, gently blend peanut butter, honey, Greek yogurt, almond milk, and vanilla extract until smooth.
4. Combine the wet and dry mixtures, stirring just until incorporated; a few lumps are fine.
5. Fold in optional chocolate chips or chopped peanuts if using.
6. Spoon the batter into the prepared muffin cups, filling each about three-quarters full.
7. Bake for 18-20 minutes, or until the tops are lightly golden and a toothpick comes out clean.
8. Allow the cups to cool in the pan for 5 minutes, then transfer to a wire rack. Enjoy warm or store.

Nutrition per serving

260 kcal	15 g	28 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter seems too thick, add a splash more almond milk.
- For extra crunch, sprinkle a pinch of granola on top before baking.
- These cups freeze well; reheat in the microwave for 20 seconds.