

Helergon Kitchen

Easy Peanut Butter Protein Oatmeal Cups

15 min Prep time	**15 min** Total time	**6** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Main Ingredients

- [ ] 2 cups old-fashioned rolled oats
- [ ] 1 cup natural peanut butter
- [ ] 1/2 cup honey or maple syrup
- [ ] 1/2 cup Greek yogurt
- [ ] 1/2 cup vanilla whey protein powder
- [ ] 1/4 cup milk (any type)
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Mix-ins

- [ ] 1/4 cup mini chocolate chips
- [ ] 2 tbsp chia seeds
- [ ] Sliced banana for topping

Instructions

1. In a large bowl, whisk together peanut butter, honey, milk, Greek yogurt, vanilla extract, and sea salt until smooth.
2. Add protein powder and whisk again; the mixture will become thick and fragrant.
3. Stir in rolled oats until fully coated. If using, fold in chocolate chips or chia seeds now.
4. Evenly spoon the batter into a silicone muffin tray or lined ramekins, pressing down gently.
5. Refrigerate for at least 30 minutes, or overnight for deeper flavor. Serve chilled or warm briefly.

Nutrition per serving

320 kcal	20 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a sweeter cup, increase honey by one tablespoon.
- If the mixture feels too thick, add a splash more milk.
- Top with sliced banana or a drizzle of melted chocolate for extra indulgence.