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# Low-Glycemic Baked Oats

*A warm, protein-rich breakfast that keeps blood sugar stable. This baked oats recipe combines slow-release carbs with egg protein for sustained energy.*

Prep: 5 min

Cook: 23 min

Total: 28 min

Servings: 1

**GL 15.3 / GI 52**

## Ingredients

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**Steel-cut or rolled oats preferred; GI ~55. Provides soluble fiber that slows glucose absorption.** plain porridge oats

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**Low-fat dairy; approximately 3 level tablespoons. Adds protein without excess fat.** skimmed milk

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**Whole egg provides protein to lower overall glycemic response and increase satiety.** egg, beaten

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**Pure vanilla extract adds flavor without sugar or glycemic impact.** vanilla extract

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**May help improve insulin sensitivity and glucose metabolism; adds warmth without calories.** ground cinnamon

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## Instructions

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### Step 1

Position your oven rack in the center and preheat the oven to 180°C (fan-forced) or 200°C (conventional), which is gas mark 6.

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## Step 2

Select a small, deep ovenproof ramekin or baking dish with at least 250ml capacity to allow the mixture to rise properly during baking.

## Step 3

Crack the egg into the baking dish and beat it thoroughly with a fork until the yolk and white are completely combined.

## Step 4

Add the porridge oats, skimmed milk, vanilla extract, and ground cinnamon to the beaten egg. Stir everything together until well combined and the oats are evenly distributed throughout the mixture.

## Step 5

Place the dish on the center rack of your preheated oven and bake for 20 to 25 minutes, until the top is golden brown and the center feels firm when gently pressed with your finger.

## Step 6

Remove the baked oats from the oven and let them rest for 3 minutes to set and cool slightly before eating.

## Step 7

For blood sugar management, top with protein-rich Greek yogurt or quark and low-GI berries like strawberries or blueberries. Avoid high-sugar toppings like honey or dried fruit. Eat slowly and consider having vegetables or nuts on the side to further moderate glucose response.