

Making it delicious

Baked Oatmeal Cups



Ingredients

- 2 cups oats
- 1 large egg, beaten
- 1 cup milk
- ¼ cup honey
- ½ cup mashed banana
- 1 large apple, cored & diced
- 1 tsp. cinnamon
- 1 tsp. baking powder
- ⅛ tsp. salt

Mix-in ideas:

- Peanut butter (1/4 cup)
- Chocolate chips (1/4-1/2 cup)
- Raisins, dried cranberries, or other dried fruit
- Nuts, seeds, or shredded coconut



Recipe adapted from happyhealthymama.com

Instructions

- If baking right away, preheat oven to 375°F.
- In a large bowl, combine the oats, baking powder, salt, and cinnamon. Add the milk, egg, and mashed banana and mix until combined. Stir in the apple.
- Either put the mixture into the fridge overnight or continue with the directions and bake right away.
- Grease a muffin tin and fill each cup with the oatmeal mixture to just about the top.
- Bake for 20-25 minutes at 375°F, until cooked through.