



BAKED BANANA-NUT OATMEAL CUPS



Muffins meet oatmeal in these moist and tasty grab-and-go oatmeal cups. Feel free to swap out the pecans for any other nut—walnuts would be great—or omit them altogether. Make a batch on the weekend and keep them in your fridge or freezer for quick and easy breakfasts all week. Reheat in the microwave for about 40 seconds.

-  15 minutes
-  50 minutes
-  12 cups

INGREDIENTS

- 3 cups Gluten-Free rolled oats
- 1½ cups unsweetened non-dairy milk such as almond or coconut
- 2 ripe bananas, mashed (about ¾ cup)
- ⅓ cup packed brown sugar
- 2 large eggs, lightly beaten **or** whisk together 2 tablespoons of ground chia or flaxseeds with 6 tablespoons of water until fully absorbed and thickened.
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ cup toasted chopped pecans

COOKING METHOD

- 1° Preheat oven to 375°F. Coat a muffin tin with cooking spray.
- 2° Combine oats, milk, bananas, brown sugar, eggs or egg equivalent, baking powder, cinnamon, vanilla and salt in a large bowl. Fold in pecans. Divide the mixture among the muffin cups (about ⅓ cup each). Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.
- 3° To make ahead: Wrap airtight and refrigerate for up to 2 days or freeze for up to 3 months.

NUTRITIONAL INFORMATION

| | PER 100 g | PER CUP (67 g) | % DRI |
|------------------------------|-----------|----------------|-------|
| ENERGY | 251 kcal | 169 kcal | 8 % |
| PROTEIN | 6 g | 4 g | 9 % |
| CARBOHYDRATE | 37 g | 25 g | 10 % |
| SUGARS | 9 g | 6 g | 6 % |
| FAT | 9 g | 6 g | 9 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 0 g | 2 % |
| FIBER | 5 g | 4 g | 14 % |
| SODIUM | 186 mg | 125 mg | 5 % |