

Healthy Baked Mini Oatmeal Cups

By: Nicole Brooker



This recipe is one of my go-to recipes for keeping healthy snacks around the house. I love that you can make these as mini muffins or regular muffins and have them for breakfast on those busy mornings when you are rushing out the door. They are even kid friendly!

Makes: 24 mini cups or 6 regular cups

Prep time: 10 minutes

Bake time: 15 minutes

Ingredients:

- 3 ripe bananas
- 1/3 cup unsweetened applesauce
- 2 cups oats
- ¼ cup unsweetened vanilla almond milk
- 2 tbsp cinnamon
- 1 ½ tbsp chia seeds
- 1 ½ tbsp flax seeds
- 1-2 tbsp raw organic honey

Directions

1. Preheat oven to 350 F.
2. In a mixer, mash bananas thoroughly.
3. Add in remaining ingredients mixing until everything is combined evenly.
4. Grease lining of muffin tin with coconut oil.
5. Using a cookie scoop (or ice cream scoop if using regular muffin tin), scoop mixture into mini muffin cups.
6. Place in oven and bake at 350F for about 15 minutes.
7. Oatmeal cups will be dense.

Notes:

- You can mix it up and add in pecans, blueberries, dried fruit, coconut chips, or even chocolate chips

***About the Contributor:** Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*