

# 6 BAKED OATMEAL CUPS

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## OATMEAL BANANA BASE

3 cups rolled oats  
1 tsp baking powder  
1 tsp cinnamon  
1/2 tsp nutmeg  
1/2 tsp salt  
4 beaten eggs  
2 mashed bananas  
1 cup milk  
1/4 cup maple syrup or honey  
1 tsp vanilla extract

## DOUBLE CHOCOLATE

(makes 2)

1 Tbsp cocoa powder  
1 Tbsp chocolate chips

## APPLE CINNAMON

(makes 2)

1/4 cup chopped apple  
1 tsp cinnamon

## COCONUT BLUEBERRY

(makes 2)

1 Tbsp shredded coconut  
1/4 cup blueberries

## CRANBERRY ORANGE

(makes 2)

1/2 CUP dried cranberries  
1 Tbsp orange zest

## PEANUT BUTTER &

JELLY (makes 2)

2 Tbsp peanut butter  
2 tsp strawberry jam

## Make The Oatmeal Banana Base:

- Preheat oven to 350°F. Spray a muffin pan with non stick cooking spray or add cupcake liners.
- In a bowl, combine all dry ingredients thoroughly: rolled oats, baking powder, cinnamon, nutmeg, and sea salt. On a plate mash banana with a fork until very mushy. Beat the 4 eggs in a bowl with a fork.
- Add mashed banana, beaten eggs, milk, maple syrup and vanilla extract to the oat mixture. Stir everything together and let sit 10 minutes to thicken.

## Double Chocolate:

- Add 1/2 cup of oat base to a small bowl. Stir in 1 Tbsp cocoa powder and mix thoroughly. Scoop 1/4 cup of batter into one muffin tin and pour the rest in another. Sprinkle tops with a few chocolate chips.

## Apple Cinnamon:

- Add 1/2 cup of oat base to a small bowl. Stir in 1/4 cup apple (diced small) and 1 tsp cinnamon. Scoop 1/4 cup of batter into one muffin tin and pour the rest in another. Sprinkle cinnamon on top of each.

## Blueberry Coconut:

- Add 1/2 cup of the oat base to a small bowl. Stir in 1/4 cup blueberries and 1 Tbsp shredded coconut. Scoop 1/4 cup of batter into one muffin tin and pour the rest in another.

## Nut Butter and Jam:

- Add 1/2 cup of the oat base to a small bowl. Stir in 2 Tbsp nut butter. Scoop 1/4 cup of batter into one muffin tin and pour the rest in another. Make a well in the center of batter, then add 1 tsp jam to each.

## Cranberry Orange:

- Add 1/2 cup of the oat base to a small bowl. Stir in 1/4 cup dried cranberries and 2 tsp of orange zest. Scoop 1/4 cup of batter into one muffin tin and pour the rest in another.

## All Muffins:

- Add muffin tin to oven and bake for 30-35 minutes or until edges are golden brown and inside is cooked. Let cool 10 minutes, then serve.