

Making it delicious

Banana Nut Oatmeal Cups



Ingredients

- 3 cups of rolled oats
- 1 ½ cups low-fat milk
- 2 ripe bananas, mashed
- ⅓ cup packed brown sugar
- 2 large eggs, lightly beaten
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- ½ tsp salt
- ½ cup toasted chopped pecans or walnuts



Recipe adapted from eatingwell.com

Instructions

- Preheat oven to 375°F. Coat 12 muffin tins with cooking spray.
- Combine oats, milk, bananas, brown sugar, eggs, baking powder, cinnamon, vanilla and salt in a large bowl. Mix until combined. Fold in pecans.
- Divide the mixture among the muffin cups (about 1/3 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. Texture will be like baked oatmeal, not muffin-like.

SERVINGS: 12 | PREP TIME: 35 MIN