

Baked Oatmeal Cups

Ingredients

- Canola oil for spraying pan
- 2 cups (500 mL) old fashioned oats (regular or gluten-free)
- ½ cup (125 mL) sweetened flaked coconut
- 1½ tbsp (22 mL) brown sugar, divided
- 1 tsp (5 mL) baking powder
- 3 ripe bananas
- 2 tbsp (30 mL) melted butter or melted coconut oil
- 2 tbsp (30 mL) honey
- 2 tbsp (30 mL) water
- 1 tsp (5 mL) cinnamon

Mix-ins

- ¼ cup (50 mL) fresh blueberries, mini chocolate morsels, dried cranberries, or raisins

Directions

1. Preheat the oven to 350°F (180°C). Spray the [Muffin Pan](#) with oil using the [Kitchen Spritzer](#).
2. Combine the oats, coconut, 1 tbsp (15 mL) of brown sugar, and baking powder in a large bowl.
3. Place the bananas in a medium bowl and mash them with the [Mix 'N Masher](#).
4. Add the melted butter or oil, honey, and water to the bananas and stir to combine.
5. Pour the banana mixture into the oat mixture and stir to combine. Gently fold in your mix-ins.
6. Use the [Large Scoop](#) to transfer a full scoop of the mixture evenly into each well of the pan, packing it down gently with the back of the scoop.
7. Combine the remaining ½ tbsp (7 mL) of brown sugar and the cinnamon in a small bowl. Sprinkle it on top of each oatmeal cup.
8. Bake for 22–24 minutes, or until the oats are golden brown. Remove the pan from the oven. Cool for 5 minutes in the pan before serving.



Yield:

- 12 servings

Nutrients per serving:

U.S. Nutrients per serving (1 oatmeal cup with blueberries): Calories 130, Total Fat 4.5 g, Saturated Fat 2.5 g, Cholesterol 5 mg, Sodium 55 mg, Carbohydrate 23 g, Fiber 2 g, Sugars 11 g, Protein 2 g

Cook's Tips:

These oatmeal cups are a great grab-and-go breakfast or snack. You can freeze them in a resealable plastic bag or a [Leakproof Glass Container](#). To thaw, transfer them to the refrigerator until they're defrosted, or microwave them on HIGH for about 30 seconds.