

Baked Oatmeal Cups

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Baked Oatmeal Cups (Apple Pumpkin Pie)

Grab and go baked oatmeal cups for a healthy breakfast, **snack or treat!**

Prep Time: 5 minutes

Baking Time: 20 minutes

Total Time: 25 minutes

Yield: 12 muffins

Ingredients:

- 1 cup pure pumpkin puree
- 1 tsp vanilla extract
- ½ cup sweetener of choice (sugar free or pure maple syrup)
- ½ cup unsweetened almond milk
- 3 cups old fashioned oats
- 2 tbl flaxseed meal
- 1 ½ tsp baking powder
- ¼ tsp salt
- 1 tsp cinnamon
- 2 tsp pumpkin pie spice
- 1 medium apple, peeled and diced

Instructions: Preheat oven to 350 degrees Fahrenheit. Spray a muffin pan with non-stick spray. Combine liquid ingredients in one bowl and dry ingredients in another. Add the liquid ingredients to the dry and stir until combined. Fold in apple and divide into equal parts of the muffin pan. Bake for 20-25 minutes and allow muffins to cool. Top with vanilla yogurt, honey or maple syrup and enjoy!

Nutritional Information per muffin:

90 calories: 2g fat, 16g carb, 3g protein



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