

Chocolate Chip Baked Oatmeal Cups

Yield: 1 serving

Ingredients

- 3 cups rolled oats
- ¼ cup semi-sweet chocolate chips
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon kosher salt
- 1½ cups unsweetened soy milk
- ½ cup mashed ripe banana
- ¼ cup maple syrup
- 2 tablespoons ground flaxseed
- 2 tablespoons unsweetened creamy peanut butter
- 1 teaspoon vanilla extract

Instructions

1. Heat oven to 350 degrees. Line a 12-cup baking pan with paper liners. Spray the liners with non-stick cooking spray.
2. In a large bowl, stir together the oats, chocolate chips, baking powder, cinnamon and salt.
3. In a medium bowl, whisk together the soy milk, banana, maple syrup, flaxseed, peanut butter and vanilla. Let mixture sit for 5 minutes.
4. Pour the liquid mixture into the large bowl and stir until combined.
5. Scoop ⅓ cup of the oatmeal mixture into each baking cup.
6. Bake in the oven for 20 minutes.
Allow them to cool for about 10 minutes before eating.

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Culinary Medicine

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Nutrition Information **Serving Size: 1 Oatmeal Cup**

Calories: 170 | Total Fat: 5 g | Saturated Fat: 1.3 g | Monounsaturated Fat: 1.3 g | Polyunsaturated Fat: 1.1 g
Sodium: 103 mg | Total Carbohydrate: 26.4 g | Dietary Fiber: 3.5 g | Sugars: 8.2 g | Protein: 5.9 g

