



Apple Cinnamon Baked Oatmeal Cups

Yield: 6 servings

Ingredients

- 3 cups rolled oats
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- 1 ½ cups unsweetened soy milk
- 1 cup diced apple - divided
- ½ cup applesauce
- ¼ cup maple syrup
- 2 tablespoons ground flaxseed
- 2 tablespoons almond 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, cinnamon, baking powder and salt.
3. In a medium bowl, whisk together the soy milk, ¾ cup of apple, applesauce, maple syrup, flaxseed, almond 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. Top the oatmeal with the remaining apple.
7. Bake in the oven for 20 minutes. Allow them to cool for about 10 minutes before eating.

Nutrition Information

Serving Size: 2 Oatmeal Cups

Calories: 367
Total Fat: 8 g
Saturated Fat: 0.8 g
Monounsaturated Fat: 2 g
Polyunsaturated Fat: 1.7 g
Trans Fat: 0.2 g
Protein: 21 g
Carbohydrate: 64 g
Sugars: 12.4 g
Dietary Fiber: 8.4 g
Sodium: 310 mg

Source: Adapted from Eating Bird Food

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