

Individual Baked Oatmeal Cups

Based on the recipe from Sugar-Free Mom

Ingredients

2 eggs
2 cups unsweetened applesauce
1 banana, mashed
1/3 cup honey
1 teaspoon vanilla extract
5 cups old fashioned rolled oats
1/4 cup flaxseed meal
1 Tablespoon cinnamon
1 Tablespoon baking powder
1 teaspoon salt
2 3/4 cup milk
optional toppings of your choice: raisins, nuts, chocolate chips, blueberries, dried cranberries, etc.

In a large bowl, whisk eggs, applesauce, banana, honey and vanilla until combined.

Add oats, flaxmeal, cinnamon, baking powder and salt and mix to combine.

Pour milk over mixture and whisk until incorporated. *Note: This is a runny batter--I like my oatmeal thick and chunky, so to me this is thin; others may think it's just fine.*

Line two 12-cup muffin pans with paper liners and spray liners generously with cooking spray. Distribute oatmeal mixture evenly into muffin cups, about 1/4 cup each. Sprinkle desired toppings over the muffin cups.

Bake at 350 degrees F for 30 minutes or until a tester comes out clean.

Remove from oven and cool in pan on wire rack for a few minutes before transferring to cool completely on wire rack. Once completely cooled, store in an airtight container or zip-top bag and freeze. To reheat, microwave on high for 45-60 seconds.

Makes 24 individual cups.

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