Baked Banana-Nut Oatmeal Cups

Source: eatingwell

Muffin meet oatmeal in these moist and tasty grab-and-go oatmeal cups. Feel free to swap out the pecans for any nut-walnuts would be great or omit them altogether. Reheat in the microwave for about 40 seconds.

SERVINGS: 12. PREPPING TIME: 15 MIN COOKING TIME: 50 MIN

Ingredients

- 3 cups rolled oats
- 1 1/2 cups low-fat milk
- 2 ripe bananas, mashed (about 3/4 cup)
- 1/3 cup packed brown sugar
- 2 large eggs, lightly beaten
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 cup toasted chopped pecans

Nutrition Facts	
12 Servings **Serving Size**	**1 of recipe**
Amount per serving **Calories**	**176**
Total Fat Saturated Fat	6.2g 1.2g
Cholesterol	33.4mg
Sodium	165.6mg
Total Carbohydrates Dietary Fiber Total Sugars	26.4g 3.1g 10.5g
Protein	5.2g
Potassium	227.9mg

Directions

1 Prep Preheat oven to 375 degrees F. Coat a muffin tin with cooking spray.

2 Bake Combine oats, milk, bananas, brown sugar, eggs, baking powder, cinnamon, vanilla and salt in a large bowl. Fold in pecans. Divide the mixture among the muffin cups (about 1/3 cup each). Bake until a toothpick inserted in the center comes out clean, about 25 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

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