

# Baked Oatmeal Cups

Source: Dr. Neal Barnard's Cookbook for Reversing Diabetes by Neal Barnard, MD;  
recipe by Dreena Burton

Take your oatmeal to go with these baked oatmeal cups!

## About the Recipe

**436 Calories • 10.2 g Protein • 10.8 g Fiber**

**Breakfast**

**Gluten-free • Nut-free**

Oatmeal is packed with fiber, which can help lower cholesterol and improve digestion.

*Oats do not contain gluten but can be manufactured in a facility with gluten. For severe allergies, it's best to buy oats with a gluten free label.*

## Ingredients

***Makes 5 Servings***

- 3 c (243 g) rolled oats
- 1/2 c (52 g) oat flour
- 3 tbsp (20 g) flax meal
- 1 tbsp (15 mL) cinnamon
- 1/8 tsp (0.6 mL) iodized salt
- 2 cups (473ml) banana, overripe
- 1/3 c (80 mL) brown rice syrup
- 1/3 c (53 g) raisins
- 2 tbsp (21 g) nondairy chocolate chips

## Directions

1. Line a muffin pan with 15 parchment cupcake liners.
2. Preheat the oven to 350 F/177 C.
3. In a large mixing bowl, combine oats, oat flour, flax meal, cinnamon, and salt. Stir to combine.
4. Mash or puree the bananas. Ideally, use those that are overripe, using a food processor or immersion blender.&nbsp;This should come out to about 1 1/3 cups / 300 grams of mashed banana.
5. Add the banana, brown rice syrup (see note), raisins, and chocolate chips (if using). Stir until thoroughly combined. &nbsp;Note: Don't substitute maple syrup for brown syrup; it's not thick or sticky enough. Use overripe (freckled) bananas. Not only are they more digestible, they also offer a great deal of natural sweetness.&nbsp;
6. Using a cookie scoop, place 1/4 to 1/3 c (60 to 80 mL) of the batter in each muffin cup. Use a spatula or your fingers to lightly pack in the mixture. (Dampen your fingers to make it easier.)&nbsp;
7. Bake for 20 minutes.
8. Remove and let cool in the pan for about 5 minutes, and then transfer to cooling rack.
9. Enjoy warm or cooled. Store in an airtight container in the fridge.

## Nutrition Facts

### ***Per serving:***

**Calories:** 436

**Fat:** 6.1 g

Saturated Fat: 0.9 g

Calories from Fat: 11.8%

**Cholesterol:** 0 mg

**Protein:** 10.2 g

**Carbohydrates:** 89.1 g

**Sugar:** 29.9 g

**Fiber:** 10.8 g

**Sodium:** 70 mg

**Calcium:** 73 mg

**Iron:** 3.5 mg

**Vitamin C:** 8.3 mg

**Beta-Carotene:** 38 mcg

**Vitamin E:** 0.4 mg