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 **optional*

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. 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.   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.
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.)
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