

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

- rolled oats (3 cups)
- oat flour (1/2 cup)
- flax meal (3 tbsp.)
- cinnamon (1 tbsp.)
- sea salt (1/8 tsp., rounded)
- banana, overripe (2 cups)
- brown rice syrup (1/3 cup)
- raisins (1/3 cup)
- nondairy chocolate chips (2 tbsp.)

Directions

Beta-Carotene: 38 mcg

Vitamin E: 0.4 mg