

## Apple Cinnamon Baked Oatmeal Cups

*Makes 12 oatmeal cups*

### Ingredients:

2 cups old fashioned oats  
1 teaspoon baking powder  
1/8 teaspoon salt  
1/2 teaspoon cinnamon  
1 cup nonfat milk  
1 egg  
1/2 cup mashed banana  
1 large apple, cored, and diced



### Directions:

1. Preheat your oven to 375 degrees.
2. In a large bowl, combine the oats, baking powder, salt, and cinnamon. Add the milk, egg, and mashed banana and mix until combined. Stir in the apple.
3. You can either put the mixture into the fridge overnight or continue with the directions and bake right away.
4. Grease a muffin tin and fill each cup with the oatmeal mixture to just about the top. Bake in a 375 degree oven for 20-25 minutes, until the cups are set. Store in the fridge or these can also be frozen. Enjoy!

### Nutrition Information (per oatmeal cup):

80 Calories  
1 g Fat  
14 g Carbohydrate  
3 g Protein