

# MINI OATMEAL CUPS



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## Ingredients

Yield: 18

- 2 eggs
- 1 tsp vanilla extract
- 2 c applesauce, unsweetened
- 1 banana, mashed
- 6 packets of natural no calorie sweetener
- 5 c, old fashioned rolled oats (not instant kind)
- 1/4 c chia seeds or flaxseed mill
- 1 tbsp ground cinnamon
- 3 tsp baking powder
- 1 tsp salt
- 2 3/4 c of unsweetened almond or coconut milk
- Optional toppings: raisins, cranberries, crushed walnuts, and/or chocolate chips

## Directions

1. Preheat oven to 350 degrees.
2. Mix eggs, vanilla, applesauce, banana and sweetener together in a bowl.
3. Add in oats, flax, cinnamon, baking powder, salt and mix well with wet ingredients.
4. Finally pour in milk and combine.
5. Spray a 12 and 6 capacity muffin tin with cooking spray or use cupcake liners. Pour mixture evenly into muffin tin cups.
6. If using toppings, add them onto the tops of muffins now. If using fresh or frozen fruit, drop it right into the batter.
7. Bake 30 minutes until a toothpick in center comes out clean. Cool and enjoy or freeze them in gallon freezer bags.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1	123	3 g	4 g	22 g	238 mg

Carbohydrate Exchanges: 1 ½