

Individual Baked Oatmeal Cups

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Ingredients

- 1 1/2 cups old fashioned oats (gluten-free, if needed)
- 1/2 teaspoon cinnamon
- Pinch of salt
- 1 teaspoon baking powder
- 2 tablespoons chia seeds (optional)
- 1/4 cup pumpkin seeds, sunflower seeds or chopped nuts
- 1/3 cup raisins or other dried fruit
- 1 large egg
- 2 tablespoons nut butter, or 1 tablespoon melted butter
- 3/4 cup milk (any kind)



Preparation

1. Preheat the oven to 350°F. Grease six muffin cups very well with butter or coconut oil, or line with paper muffin liners.
2. Combine the oats, cinnamon, salt, baking powder, chia seeds, pumpkin seeds and raisins in a medium bowl. In a separate bowl, whisk together the egg and nut butter (or melted butter) until smooth, and then slowly mix in the milk. Pour the liquids into the bowl of dry ingredients, and stir well.
3. Divide the oatmeal mixture among the muffin cups, filling each one up to the top. Bake for 25 to 30 minutes until slightly risen and dry on top. Run a knife around each muffin and turn out onto a cooling rack to cool completely.
4. Muffins can be kept in an airtight container on the counter for up to 5 days. Individually wrap any muffins you won't eat within a few days in plastic wrap and freeze. To defrost: leave overnight at room temperature. Once defrosted they can also be reheated in the microwave for about 45 seconds if you prefer them warm.

Recipe Notes

- For savory oatmeal ideas: omit the cinnamon and dried fruit. Stir in up to 1 cup total of ingredients like grated cheese, roasted vegetables, sautéed mushrooms. You can also add flavorings such as miso paste, dried herbs and spices.
- For other sweet oatmeal ideas: push fresh or frozen fruit (berries or cubed larger fruits are best) or chocolate chips into each oatmeal cup before baking. Replace the liquid with brewed chai tea or add other sweet spices such as cardamom for a different flavor.
- If you have a sweet tooth, stir 1 tablespoon of your desired sweetener into the batter.

