

Sandra's Baked Portable Oatmeal Cups

(makes about 20-21)

Basic dry mix (from this you can add any combination of fruit, nuts, and spice ingredients)

- 4 cups old fashioned oats
- 1 tsp. baking powder
- ½ tsp. salt

Dry spices: Typically 1-2 tsp of cinnamon depending on the flavor profile (I used 1tsp in the apple cinnamon mix)

Wet/other ingredients:

- 2-2 1/3 cups of milk of your choice (see note, I used unsweetened almond milk)
- 1 whole egg, beaten, or equivalent egg whites
- 1-2 tsp. vanilla extract (if you like it)
- About 1 cup fruit, chopped (such as apples, blueberries, bananas, etc.)
- ½ cup applesauce, (optional for apple flavor variation)
- 1/4c chopped nuts (optional, but the crunch is nice)
- ¼-1/3 cup raisins or cranberries (optional)

Sweetener options (you adjust, I am trying to minimize added sugars)

- None, use the fruit if sweet
- Brown or other sugar ¼ c
- Maple syrup ¼-1/3 c (might need to decrease milk a bit)
- Honey ¼ c (might need to decrease milk a bit)

Instructions:

- Preheat oven to 375 degrees.
- Grease muffin tins well with a spray oil.
- Measure and mix dry ingredients.

Note: Add all wet/other ingredients except milk. Add milk last. Add it slowly, a little at a time, while mixing ingredients well. The right amount of milk will leave just a few teaspoons of free liquid in the bottom of the bowl. You don't want it too soupy.

Spoon about ¼ c of mix into each muffin tin. Make sure to stir the batter as you go so that you get even distribution of liquid and other ingredients.

Bake 20-25mins or until oats on top start to brown, and the mixture is "set".

Cool on rack 5 mins then remove to wire rack. They should come out easily.

Refrigerate for up to 1-2 days (warm in microwave if desired before eating). Freeze remaining for future use. You can take them out 1 or 2 at a time to pack for on the go eating!

Some flavor combinations: Blueberry almond, Apple cinnamon; Date nut; Banana nut

My apple cinnamon mix: basic dry mix + 1 egg + 1tsp vanilla + 2c almond milk + 1 chopped apple + ½ c unsweetened applesauce + ¼ c brown sugar + ¼ c raisins + 1/3 c pumpkin seeds: **3 WW points each**

