

## Baked Oatmeal Cups

*Makes 12 Cups*

### Ingredients:

- 2 eggs
- 2 cups unsweetened applesauce
- 1 tbsp ground cinnamon
- 1 1/2 cup skim milk
- 1 tsp vanilla extract
- 1 tbsp honey
- 2 1/2 cups rolled oats
- 1 1/2 tsp baking powder

-----  
For more recipes like this,  
visit [live54218.org/healthy-eating/recipes](http://live54218.org/healthy-eating/recipes)



Like Live54218 on  
Facebook!

Follow @Life54218 on Twitter  
and Pinterest

Visit [live54218.org](http://live54218.org)



### Instructions:

1. Preheat oven to 350F and grease one muffin tin
2. Combine eggs, applesauce, vanilla, milk, and honey in a bowl and set aside.
3. Combine cinnamon, rolled oats, and baking powder in a separate bowl. Once combined, mix into wet ingredients.
4. Scoop into muffin tin and bake for 26-30 minutes or until golden brown.
5. Serve plain or topped with greek yogurt and/or your favorite fruit!

### Nutrition Facts:

*Per 1 muffin:*  
*Calories: 97*  
*Carbohydrates: 16 g*  
*Fat: 2 g*  
*Protein: 4 g*  
*Sodium: 25 mg*  
*Sugars: 2 g*

Recipe adapted from  
[www.smithsfoodanddrug.com](http://www.smithsfoodanddrug.com)