

# Banana and Chocolate Chip Baked Oatmeal Cups

## Prep time

10 mins

## Cook time

30 mins

## Total time

40 mins

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Serves: 12

## Ingredients

- 3 cups rolled oats or old fashioned oats
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 2 large eggs
- ¼ cup pure maple syrup
- 1 cup mashed banana, 2 bananas
- 2 teaspoons pure vanilla extract
- 1 cup 1% milk
- ¼ cup melted coconut oil
- 1 cup mini chocolate chips
- Cooking spray.

## Instructions

1. Preheat oven to 350.
2. In a medium bowl combine the rolled oats, cinnamon, nutmeg, baking powder, and salt. Set aside.
3. Crack the 2 eggs into another medium bowl. Whisk together with the maple syrup, mashed banana, and vanilla extract till the ingredients are combined and smooth.
4. Slowly whisk in the milk and coconut oil.
5. Pour the wet ingredients into the dry ingredients. Stir until all the oats are covered and moistened.
6. Slowly stir in the chocolate chips.
7. Spray a muffin pan with cooking spray then divide the oatmeal mixture among the 12 muffins tins. Press the mixture down with a spoon so all the oats are covered in liquid.
8. Bake for 30 minutes or until the tops are slightly brown.
9. Let cool for 5 minutes. Enjoy with a little pure maple syrup.

## Notes

### Make ahead instructions

Bake oatmeal cups completely and let cool. Then wrap each one individually in plastic wrap, place in a freezer bag, and freeze. Warm up in the microwave. First, remove plastic wrap. Then place on a microwave safe dish and heat up for 2 minutes on high. Put a coffee mug of water in while it heats up. This keeps it from drying out.

## Nutrition Information

Serving size: 1 baked oatmeal cup Calories: 202 Fat: 13 Carbohydrates: 25 WW Points +: 6 Fiber: 1 Protein: 4

Recipe by Organize Yourself Skinny at <http://www.organizeyourselfskinny.com/2015/04/07/banana-and-chocolate-chip-baked-oatmeal-cups/>

