



Baked Oatmeal Cups

QUAKER

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Ingredients

- 4 cups Quaker® Oats (quick or old fashioned, uncooked)
- 2 cups non-fat milk
- 1 tablespoon vanilla
- 1 tablespoon agave nectar or honey
- 2 teaspoons ground cinnamon (optional)
- 1 egg plus 1 egg white, beaten



Preparation

1. Heat oven to 350°F. Spray 12 medium muffin cups with cooking spray or line with nonstick paper baking cups, or baking cups sprayed with nonstick spray.
2. Place oats in large bowl.
3. In medium bowl, combine milk, vanilla, agave nectar, cinnamon, egg and egg white; blend well.
4. Add to oats; stir to mix well. Let stand 5 minutes.
5. Divide mixture evenly among muffin cups. Bake 15 to 20 minutes or just until set. Let stand 5 minutes on wire rack before removing from pan. Serve warm.

COOK NOTE:

To freeze leftover oatmeal cups, place in freezer bag; seal securely. Freeze up to 2 months. To reheat in microwave, place one oatmeal cup on microwave-safe plate. Microwave on high in 10 second intervals or until heated through.

NUTRITION FACTS (PER SERVING):

130 calories, 2 g fat, 0 g sat fat, 15 mg cholesterol, 270 mg sodium, 18 g total carb, 2 g fiber, 1 g sugar, 5 g protein, 6% DV calcium, 2% DV vitamin D, 0% DV vitamin C, 4% DV vitamin A, 4% DV potassium, 6% DV iron, 10% DV thiamin, 10% DV magnesium, 0 g added sugar

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