

# 🍪 Oatmeal “Cupcakes” 🍪

Prep Time: 10 min.  
Cook Time: 25 min.  
TOTAL Time: 35 min.



## Ingredients:

- 5 cups rolled oats
- 2 ½ cups mashed bananas (about 3 large)
- 1 tsp salt
- 5 tbsp honey (or sweetener of choice - pure maple syrup or agave)
- ⅔ cup mini chocolate chips, *optional*
- 2 ⅓ cups water
- ¼ cup nut butter (or oil or an additional banana)
- 2 ½ tsp pure vanilla extract
- 2 tbsp vanilla protein powder, *optional*
- 2 tbsp chia seeds, *optional*

Optional Add-ons: cinnamon, shredded coconut, chopped walnuts, raisins/ dried fruit

## Directions:

- Preheat oven to 380°F & line 24 cupcake tins or 48 mini cupcake tins.
- In a large bowl, combine all dry ingredients → mix well
- In a separate bowl, combine and stir all wet ingredients, including banana
- Mix wet into dry, then scoop into cupcake liners
- Bake for 21 minutes
- To finish off, broil for 2 minutes, *optional*

Note: These cupcakes can be frozen and reheated as needed

Nutrition Facts	
Servings 24.0	
Amount Per Serving	
<b>calories</b>	130
<b>% Daily Value *</b>	
<b>Total Fat</b> 4 g	<b>5 %</b>
Saturated Fat 1 g	<b>3 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 112 mg	<b>5 %</b>
<b>Potassium</b> 98 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 22 g	<b>7 %</b>
<b>Dietary Fiber</b> 3 g	<b>12 %</b>
<b>Sugars</b> 8 g	
<b>Protein</b> 4 g	<b>7 %</b>
Vitamin A	<b>0 %</b>
Vitamin C	<b>5 %</b>
Calcium	<b>1 %</b>
Iron	<b>5 %</b>
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	