

# Baked Banana Oat Cups



## Ingredients

- 3 cups Quaker® Oats-Old Fashioned, divided
- 1 tsp ground cinnamon
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup nonfat milk
- 3 tbsp canola oil, plus 2 tsp for oiling pan
- 1 large egg
- 1 large egg white
- 1/4 cup maple syrup
- 1 cup mashed very ripe banana (2 medium bananas)
- 1 tsp vanilla extract
- 1/2 cup chopped pecans

## How to make it

1. Preheat the oven to 350°F. Place 1 cup of the oats in a food processor and process until it is finely ground. (You will wind up with about 3/4 cup.)
2. Place the ground oats into a medium bowl with the remaining rolled oats, the cinnamon, baking powder and salt and stir to combine.
3. In another medium bowl whisk the milk, 3 tablespoons canola oil, egg, egg white, and maple syrup until smooth. Stir in the banana and the vanilla extract until well combined.
4. Add the dry ingredients to the wet and stir to combine.
5. Brush the wells of a 12-cup muffin tin with 2 teaspoons oil. Spoon the mixture into the muffin wells, filling each to the top. Sprinkle pecans on top. Bake until set and golden brown around the sides, about 25 minutes.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	25 min	40 min	12

## Made with



Quaker® Oats-Old Fashioned

6. Cool in the pan on a wire rack for 10 minutes, then run an offset spatula around the sides and underneath each cup to remove from the pan and transfer to the wire rack to cool.
7. Store in an airtight container in the refrigerator for up to 3 days, or freeze.