

# Baked Oatmeal Cups

## Ingredients

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

## How to make it

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



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	20 min	30 min	12

## Made with



Quaker® Oats-Old Fashioned