



Baked Banana Oat Cups

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Makes 12 cups

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Baked Banana Oat Cups are delicious oat muffins made from ripe bananas, wholesome oats, warm cinnamon, and many other flavorful ingredients. Each banana oatmeal cup is moist, tender, and hearty, making it a wonderful addition to breakfast, a sweet midday snack, or a yummy dessert.

Ingredients

- 3 cups [Quaker® Oats-Old Fashioned](#), divided
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 ½ cups nonfat milk
- 3 tablespoons canola oil, plus 2 teaspoons for oiling pan
- 1 large egg
- 1 large egg white
- ¼ cup maple syrup
- 1 cup mashed very ripe banana (2 medium bananas)
- 1 teaspoon vanilla extract
- ½ cup chopped pecans

Cooking Instructions

1. Preheat the oven to 350 degrees. Place 1 cup of the oats in a food processor and process until it is finely ground. (You will wind up with about ¾ 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.
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.