



# Spider Demo Kitchen

## Banana Nut Baked Oatmeal Cups

yield: 12 muffins



### Ingredients:

1 2/3 cup	Old fashioned oats
1/2 cup	Oat flour
2 TBSP	Ground flax
1 1/2 tsp	Baking powder
1 tsp	Cinnamon
3/4 tsp	Kosher salt
2 each	Ripe bananas, mashed
1/4 cup	Brown sugar
3/4 cup	Milk
2 each	Eggs, large
1 tsp	Vanilla
1/4 cup	Chopped nuts (walnuts, pecans, etc)

### Instructions:

1. Preheat oven to 350°F. Line muffin pan with cup-cake liners or spray with cooking spray.
2. Make oat flour by processing 1/2 cup oats in a food processor until flour like consistency.
3. Add oat flour and other dry ingredients into large bowl, whisk to combine.
4. In another mixing bowl, add all the wet ingredients, whisk to combine.
5. Add wet ingredients to dry ingredients. Fold to combine, do not over mix the batter. Scoop batter into prepared muffin tin.
6. Bake for 30 minutes or until a toothpick inserted in the middle comes out clean. Transfer to cooling rack when done.

**Nutritional Information:** Calories 137, Total Fat 4g, Saturated Fat 1g, Cholesterol 30mg, Sodium 228mg,

Total Carbohydrates 21g, Dietary Fiber 3g, Sugars 6.5g, Protein 4g **V, GFI**

**UR Dining**