

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Oatmeal Cups

Ingredients:

- 1 c. vanilla almond milk
- 3 very ripe bananas, mashed
- 2 eggs
- 1 tbsp. Cinnamon
- 1 tbsp Baking Powder
- 3 c. Gluten free Old Fashioned or Rolled Oats
- 1 tsp. Vanilla Extract
- 3 tbsp. mini choc chips

Directions:

- Pre-heat oven to 375degrees
- Place all ingredients in a bowl except chocolate chips
- Prepare muffin tin with pan spray or muffin liners
- Add chocolate chips to batter, let stand 1 hour before filling tins
- Pour batter into greased or lined muffin tin. Should make 15 muffins
- Bake at 375 degrees for 25-30 minutes. You should see edges just start to brown

Additional options:

- Add 1-2 scoops Raw protein powder to batter
- Replace chocolate chips with finely chopped apples and cinnamon or blueberries

Makes 12-15 muffins.