



Peanut Butter Banana Baked Oatmeal Cups

From: Monique of [Ambitious Kitchen](#)

Prep Time:

15 minutes

Cook Time:

20 minutes

Total Time:

35 minutes

Ingredients

1 heaping cup ripe mashed banana
 ½ cup creamy or crunchy natural peanut butter (just peanuts + salt)
 2 eggs
 2 tablespoons pure maple syrup (or honey)
 2/3 cup unsweetened almond milk (or milk of choice)
 1 teaspoon vanilla extract
 2 cups old fashioned rolled oats, gluten free if desired
 1 teaspoon baking powder
 1 teaspoon cinnamon
 ¼ teaspoon salt
 1/3 cup dark chocolate chips, plus 2 tablespoons for sprinkling on top (dairy free if desired)
 Optional: 1/3 cup chopped walnuts

Servings:

12 oatmeal cups

Calories:

192 kcal

Instructions

1. Preheat oven to 350 degrees F. Line a 12-cup muffin pan with muffin liners and spray with nonstick cooking spray to prevent oatmeal cups from sticking.
2. In a medium bowl, mix together the mashed banana, peanut butter, eggs, maple syrup, almond milk and vanilla until smooth and well combined.
3. Next stir in dry ingredients: oats, baking powder, cinnamon and salt; stir well to combine. Fold in 1/3 cup chocolate chips into batter.
4. Evenly distribute oatmeal batter between muffin liners. Sprinkle extra chocolate chips on top and bake for 20-25 minutes. Drizzle with your favorite nut butter before serving, if desired. Serves 12.

Recipe Notes

To make dairy free: be sure to use a dairy free milk and to also use dairy free chocolate chips.

To freeze oatmeal cups: simply allow them to cool completely after baking, then place them in an airtight container or reusable bag such as these and freeze for up to 3 months. Once ready to eat, you can microwave them for 45 seconds-1 minute or until warm.