

Baked Oatmeal Cups

Source: Dr. Neal Barnard's Cookbook for Reversing Diabetes by Neal Barnard, MD;
recipe by Dreena Burton

Take your oatmeal to go with these baked oatmeal cups!

About the Recipe

436 Calories · 10.2 g Protein · 10.8 g Fiber

Breakfast

Gluten-free · Nut-free

Oatmeal is packed with fiber, which can help lower cholesterol and improve digestion.

Oats do not contain gluten but can be manufactured in a facility with gluten. For severe allergies, it's best to buy oats with a gluten free label.

Ingredients

Makes 5 Servings

- 3 c (243 g) rolled oats
- 1/2 c (52 g) oat flour
- 3 tbsp (20 g) flax meal
- 1 tbsp (15 mL) cinnamon
- 1/8 tsp (0.6 mL) iodized salt
- 2 cups (473ml) banana, overripe
- 1/3 c (80 mL) brown rice syrup
- 1/3 c (53 g) raisins
- 2 tbsp (21 g) nondairy chocolate chips

Directions

Beta-Carotene: 38 mcg

Vitamin E: 0.4 mg