



## Almond Butter Apple Cinnamon Baked Oatmeal Cups

Easy apple cinnamon baked oatmeal cups made with applesauce, fresh apples, oats, maple syrup and almond butter for a boost of protein + flavor. Freezer-friendly, great for kids or meal prep!

### Ingredients

#### Wet ingredients:

- ½ cup unsweetened applesauce
- ½ cup creamy natural almond butter (or peanut butter)
- 2 large eggs
- ¼ cup pure maple syrup
- 1 teaspoon vanilla extract

1 cup unsweetened vanilla or regular almond milk

#### Dry ingredients:

- 2 cups old fashioned rolled oats, gluten free if desired
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice
- ¼ teaspoon salt
- 1 1/2 cups finely diced apple (from 1 medium apple)

### Instructions

Preheat oven to 350 degrees Line a 12 cup muffin pan with muffin liners and spray with nonstick cooking spray.

In a medium bowl, mix together the applesauce, almond butter, eggs, maple syrup, vanilla and almond milk until smooth and well combined.

Next stir in dry ingredients: oats, baking powder, cinnamon, nutmeg, allspice and salt; stir well to combine. Fold in the diced apples.

Evenly distribute batter between muffin liners and bake for 25-30 minutes or until golden brown on top. Once ready to serve, feel free to eat warm or cold. I love topping mine with nut butter. Serves 12.

### Recipe Notes

You can easily freeze oatmeal cups! Allow them to cool completely after baking, then place 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.

#### Nutrition

Servings: 12 oatmeal cups

Serving size: 1 oatmeal cup

Calories: 143kcal

Fat: 7g

Saturated fat: 0.7g

Carbohydrates: 17.3g

Fiber: 3g

Sugar: 5.9g

Protein: 4.8g