



Zucchini Banana Baked Oatmeal Cups

A healthy and easy grab-and-go breakfast option for your busiest mornings! These Zucchini Banana Baked Oatmeal Cups are quick to make, meal prep friendly and great for kids & adults.

🕒 Prep: 10 minutes Cook: 25 minutes Total: 35 minutes

👤 Servings: 16 muffins

1x	2x	3x
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INGREDIENTS

Wet ingredients:

- 1 cup mashed banana, about 2 large bananas (recommend ripe banana with black spots)
- 1 cup plain yogurt
- 2 whole eggs
- 1/4 cup maple syrup
- 3 Tbsp. butter, melted
- 2 tsp. vanilla extract

Dry Ingredients:

- 3 cups old-fashioned rolled oats
- 1 tsp. ground cinnamon
- 1 tsp. baking soda
- 1/2 tsp. salt

Mix-in ingredients:

- 1/2 cup shredded zucchini*
- 1/2 cup mini chocolate chips
- 1/2 cup chopped walnuts
- 1/2 cup coconut flakes

INSTRUCTIONS

1. Preheat oven to 350°F.
2. In a bowl, combine the wet ingredients. Mix well and set aside.
3. In a large mixing bowl, combine the dry ingredients. Add the wet ingredients to the dry ingredients and mix until just combined.
4. Let set for 10 minutes to allow for the the oats to soak up the wet ingredients.
5. Fold in the mix-ins.
6. Transfer the batter to a greased muffin pan (this silicone muffin pan works great!). Fill the muffin wells all the way to the top for 16 muffins. Fill them 3/4 full for 24 muffins.
7. Bake in the oven for 23-25 minutes or until tops are golden brown.
8. Remove from oven and let set for 5 minutes. Transfer to a baking rack to continue to cool.
9. Muffins can be served warm or cold.

NOTES

* If zucchini shreds are larger, recommend roughly chopping into small pieces.

* For egg-free option, substitute flax eggs. (1 egg = 2 Tbsp. flax meal + 6 Tbsp. water + 10 minutes to set). You could also use Bob's Red Mill Egg Replacer.

* For nut-free option, omit the walnuts.

*Store muffins in the fridge in a sealed container for up to 1 week or in the freezer for up to 3 months.

NUTRITION INFORMATION

Serving Size: 1 large muffin (1/16 of recipe) **Calories:** 215 **Fat:** 11 g **Sodium:** 190 mg **Carbohydrate:** 26 g (**Fiber:** 3 g **Sugar:** 9) **Protein:** 5 g

DIETARY

Egg-Free **Gluten-free** **Nut-free** **Vegetarian**

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