



Baked Pumpkin Oatmeal Cups

Prep Time: 10 minutes

Cook Time: 20-25 minutes

Yield: 12 oatmeal cups

Serving Size: 1 muffin

Nutrition Facts	
12 servings per container	
Serving size 1 serving (49g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 65mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	8%
Total Sugars 9g	
Protein 3g	
Vit. D 0.08mcg 0%	Calcium 31mg 2%
Iron 0.95mg 6%	Potas. 150mg 4%

Ingredients

- 2 and 1/4 cups (225 grams) old-fashioned rolled oats
- 1 tsp baking powder
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp salt
- 1/2 cup (115 grams) mashed banana
- 1/2 cup canned pumpkin puree
- 3/4 cup (180 ml) milk
- 1/4 cup (85 grams) honey
- 1 large egg
- 1 tsp pure vanilla extract
- 3-4 dates (soaked in 1/4 cup hot water for 10 minutes and roughly chopped)

Directions

1. Prep: Preheat oven to 350°F (177°C). Grease muffin pan cups with nonstick spray. Add dates to small bowl with 1/4 cup hot water and soak for 10 minutes. Drain water and roughly chop dates.
2. Mix Dry Ingredients: Combine oats, baking powder, cinnamon, ginger, and salt.
3. Whisk Wet Ingredients: In another bowl, whisk banana, pumpkin, milk, honey, egg, and vanilla.
4. Combine and Mix: Gently blend dry mixture into wet mixture. Add the chopped dates to the mixture. Stir to ensure ingredients distributed evenly.
5. Fill Muffin Pan: Distribute mixture evenly into 12 muffin cups.
6. Bake: Bake at 350°F for 20-25 mins until cups are set.
7. Cool: Let cool in pan for 10 mins, then transfer to a wire rack.



*If using this recipe in your personalized ATNG meal plan, 1 muffin = 1 starch.