

# Apple Cinnamon Oatmeal Cups

9 ingredients · 50 minutes · 6 servings



## Directions

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1. Preheat the oven to 350°F (175°C) and grease the cups of a muffin pan with the oil.
2. In a large mixing bowl combine the milk, applesauce, and maple syrup. Stir in the oats, ground flaxseed, cinnamon, and nutmeg, and mix well. Fold in the chopped apple.
3. Divide the oat mixture between the cups of the muffin pan and bake for 30 to 35 minutes or until golden brown around the edges.
4. Let cool in the pan slightly for 10 to 15 minutes before transferring to a cooling rack. Enjoy!

## Notes

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### Leftovers

Refrigerate for up to four days or freeze for up to three months. Enjoy cold or reheated.

### Serving Size

One serving is equal to two oatmeal cups.

### Nut-Free

Use nut-free milk instead, like oat, coconut, or dairy.

### More Flavor

Add vanilla extract and a pinch of salt.

### Apple

A large apple yields approximately one cup of chopped apple.

### Oil-Free

Omit the coconut oil and line the muffin pan with silicone or paper baking cups instead.

## Ingredients

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- 1 tsp Coconut Oil
- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Applesauce
- 3 tbsps Maple Syrup
- 2 cups Oats (rolled)
- 2 tbsps Ground Flax Seed
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg (optional)
- 1 Apple (large, peeled, and chopped)