



# Apple Oatmeal Breakfast Cups

16

12 Servings

## Ingredients

- 1 cup whole wheat flour or oat flour
- 1 cup whole oats
- 1 teaspoon ground cinnamon
- ½ teaspoon allspice
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 large apples - peeled, cored, and chopped
- ¾ cup plain yogurt
- 2 eggs
- ½ cup brown sugar
- ¼ cup butter, melted
- 1 teaspoon vanilla extract
- ½ cup chopped walnuts

Preparation time: 20 minutes

Cook time: 25 minutes

Ready in: 45 minutes

## Directions

1. Preheat oven to 350 degrees F.
2. Generously grease muffin cups or line with paper liners.
3. Make oat flour by food processing/blending oats, approximately 1 ¼ cup oats, until 1 cup oat flour is reached.
4. Combine oats, oat flour, cinnamon, allspice, baking soda, and salt in a large bowl. Add apples, yogurt, eggs, brown sugar, butter, and vanilla extract to oat mixture until batter is well mixed.
5. Fold in walnuts.
6. Pour batter into the prepared muffin cups.
7. Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 25 minutes.

## Nutritional Information

Calories: 227 g  
Protein: 6.1 g  
Fat: 9.9 g  
Carbohydrate: 30.7 g  
Cholesterol: 42 mg  
Sodium: 202 mg