

# Baked Oatmeal

This muffin-tin baked oatmeal is the perfect morning taste treat.

**YIELDS: 6**

**COOK TIME: 20** mins

**TOTAL TIME: 20** mins

## Ingredients

- 1 c. steel-cut oats
- 1/2 c. raisins
- c. walnut pieces
- c. pumpkin seeds
- c. Ground Flax Seed
- 1 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. Salt
- 2 large eggs
- 1 1/2 c. low-fat milk
- 1/4 c. natural peanut butter
- 1 small apple
- c. pure maple syrup

## Directions

1. In a bowl, cover oats with water and soak overnight in the refrigerator. Preheat oven to 375 degrees F. Drain oats and add to a large bowl along with raisins, walnuts, pumpkin seeds, flaxseed, 1/2 teaspoon cinnamon, nutmeg, and salt. In a separate bowl, lightly beat eggs and mix with milk and peanut butter. Add dry ingredients to wet and stir to combine. In a small bowl, toss together apple and remaining cinnamon.
2. Divide oat mixture among 12 medium sized muffin cups. Top each with an even amount of apple cinnamon mixture. Cook for 20 minutes, or until a tester comes out clean. Serve with a generous drizzle of maple syrup.

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