



Flourless Baked Blueberry Oatmeal Cups

Ingredients:

- 1 cup mashed banana
- 1 cup old-fashioned rolled oats, uncooked
- 1 egg
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- ½ cup blueberries, fresh or frozen

Instructions:

Preheat oven to 425 degrees Fahrenheit. Spray large muffin tin with non-stick spray. Mash banana until smooth. Add banana, oats, beaten egg, baking powder and vanilla to a bowl. Stir until just combined. Gently stir in blueberries. Fill muffin tins with batter. (Fill to the top, these muffins do not rise very much.) Bake at 425 degrees for 5 minutes, then decrease oven temperature to 375 and continue baking for 12 more minutes. Allow

muffins to cool slightly in muffin tins for a few minutes. Removing them while hot will likely cause the muffins to break apart as they are very moist.