**Banana Zucchini Oatmeal Cups**

Serves: 8  
Taken from: [hummusapien.com](https://wexnermedical.osu.edu/nutrition-services)

**Items Needed:** muffin tin, grater, potato masher, large mixing bowl, whisk, stirring spoon, measuring cups, measuring spoons

**Ingredients:**

* 1 egg
* 1/4 cup [almond butter](https://rstyle.me/n/c7d4wsb82r7)
* 1/4 cup [pure maple syrup](https://rstyle.me/+caPzUZmyEKYbpQo6IeAhZA)
* 3 small over-ripe bananas (about 1 cup, mashed)
* 2 small zucchinis (2 cups grated, don’t squeeze water out)
* 1/2 cup almond milk (any milk will work)
* 1 tsp [vanilla extract](https://rstyle.me/+uLLY5bfHEkX8xl6_e4nO-g)
* 3 cups [old-fashioned oats](https://rstyle.me/+cVbFmM3mALUIw7m-5DPIGg) (use certified gluten-free if necessary)
* 1 tbsp baking powder
* 1 tsp [cinnamon](https://rstyle.me/n/c7vq4kb82r7)
* 1/4 tsp fine sea salt

**Directions:**

1. Preheat oven to 375F. Spray a [muffin tin](https://rstyle.me/+hlV_RIt8YDEGlKz9noQvDw) (You will need 2 tins, as this recipe makes 16 muffins, you can also pour the extra batter in a dish for an oatmeal bake) with cooking spray
2. Place bananas in a large bowl and mash with a fork. Add grated zucchini, almond milk, vanilla extract, almond butter, maple syrup, and egg, stirring to combine.
3. Add oats, baking powder, cinnamon, salt. Stir until just combined.
4. Spoon mixture into muffin cups, filling to the top. You will have leftover batter if only using one muffin tin.
5. Bake for 23-28 minutes, or until a fork comes out clean. Store cooled oatmeal cups in an air-tight container in the refrigerator. These freeze well, too!

**Nutrition Information (per 2 oatmeal cups):**

Calories: 250 Fat: 5.5 g Carbs: 36 g Protein: 7 g Fiber: 2.5 g **Sodium:** 290 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

Recipes are sent to Lauren Battista and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group**. Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo**.