

Oatmeal Breakfast Bites

**Prep:**

5 mins

Total:

30 mins

Sirve:

6 servings

Pieza:

4 Qt./3.8 L Roaster with Cover

11" Large Skillet with Cover

3.5 Qt. Double Walled Bowl

Valora: ★★★★★☆

Contribuido por:

Estefania Smee

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Descripción de la Receta:

Mornings can be a hassle, especially when you are trying to stay healthy and fit for the summer months. With this recipe you'll only need a few min and a few ingredients the night before to get your breakfast ready for the week and continue to crush your #goals. Hungry for more? Contact a Saladmaster Dealer near you for product information by clicking here - <http://bit.ly/2J03qiP>

1 medium
egg, whole
¼ cup
milk

1 medium
banana
1 tsp
baking powder
1 tsp
vanilla extract
1 tbsp
raw honey
1 tsp
cinnamon
1 ¼ cups
old fashioned rolled oats
Toppings: berries, fruit, nuts, maple syrup, chocolate chips

Preparación :

1. Mix vanilla, egg and honey in a bowl. Process banana with #1 Cone to “mash it” and add it to egg mix. Mix well.
2. Add baking powder, oats, cinnamon and mix well until forming a thick paste. Stir in milk and mix well.
3. Place ½ cup of water in 11” Skillet and place the egg cup tray on the top of the skillet. Fill up egg cups and place them on the tray. Cover with high dome lid (5 Qt. Roaster) and bake on med-high for 25 minutes.
4. Remove from egg cups and enjoy!

Consejos:

- Substitute milk for non-dairy milk for vegan options
- Substitute honey for agave for a low glycemic index option

Información nutricional por ración

Calorías: 109
Grasa Total: 2g
Grasa 1g
Saturada:
Colesterol: 33mg
Sodio: 30mg
Carbohidratos: 19g
Fibra 2g
Dietética:
Azúcar: 8g
Proteína: 4g