Banana Zucchini Oatmeal Cups
Serves: 8
Modified from: www.Hummusapien.com

Items Needed: 2 muffin tins, grater, potato masher, large mixing bowl, whisk, stirring spoon, measuring cups, measuring spoons

Ingredients:
- Cooking spray
- 3 small over-ripe bananas (about 1 cup), mashed
- 2 small zucchinis, grated (about 2 cups – don’t squeeze water out)
- ¼ cup almond milk (or any milk you prefer, unsweetened)
- 1 teaspoon vanilla extract
- ¼ cup almond butter
- ¼ cup maple syrup
- 1 egg
- 3 cups old-fashioned oats
- 1 Tablespoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon fine sea salt

Directions:
1. Preheat oven to 375 F. Spray a muffin tin (you will need 2 tins, as this recipe makes 16 muffins) 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, and salt. Stir until just combined.
4. Spoon mixture into muffin cups, filling to the top. Divide among 16 muffin wells. Bake for 23-28 minutes, or until a fork comes out clean. Store cooled oatmeal cups in an air-tight container in the refrigerator, or freeze.
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