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Baked Banana Oatmeal Cups with Blueberries ♦♦

These delicious baked banana oatmeal cups are packed with nutritious ingredients like oats, bananas, and blueberries. They make a perfect grab-and-go breakfast or snack option.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Oats
250 g	Bananas
150 g	blueberries
250 ml	milk

2 tbsp	honey
1 tsp	vanilla extract
1 tsp	baking powder
1 tsp	cinnamon
0.5 tsp	salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C). Grease a muffin tin or line it with paper liners.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, mash the bananas with a fork until smooth. Add the oats, milk, honey, vanilla extract, baking powder, cinnamon, and salt. Stir until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Gently fold in the blueberries.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Dividing

Divide the mixture evenly among the muffin cups.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Baking

Bake for 20-25 minutes or until golden brown and set.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Cooling

Allow the cups to cool for a few minutes before removing them from the tin. Serve warm or at room temperature.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	180 mg	5.29%	6.92%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Cuisines

Italian

Meal Type

Breakfast

Brunch

Snack

Supper

Nutritional Content

Low Calorie

Course

Side Dishes

Breads

Salads

Snacks

Sauces & Dressings

Cost

Over \$50

Demographics

Teen Friendly

Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Breatharian Diet

The 3-Day Diet

The CICO (Calories In, Calories Out) Diet

The Bulletproof Diet

Difficulty Level

Easy

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