

# Zucchini Banana Baked Oatmeal

*Swick*

Makes 6 | Active Time: 50 minutes | Total Time:

## Step 1: Make the Oatmeal Cups

- 1 1/4 cups rolled oats
  - 1/2 teaspoon baking powder
  - 1 banana
  - 1/4 apple cored
  - 1/2 teaspoon fresh ginger grated
  - 1/4 teaspoon sea salt
  - 1/4 teaspoon ground cinnamon
  - 4 fl oz unflavored plant milk ( $\approx$ 1/2 cup)
  - 4 oz zucchini, shredded ( $\approx$ 1 cup)
  - 1 oz dark chocolate, chopped
  - 2 tablespoons sliced or slivered raw almonds (optional)
- Preheat the oven to 350°F.
- In a food processor (or high-powered blender), pulse oats and baking powder until finely ground.
- Add banana, apple, ginger, salt, and cinnamon to food processor (or high-powered blender). Pulse until crumbly and evenly chopped.
- Add plant milk and pulse until smooth. Fold in zucchini and chocolate.
- Spoon mixture into 6 silicone muffin cups (cups will be nearly full). Top with almonds. Bake 30 minutes or until tops are set.
- Cool on a wire rack 10 minutes. Remove from muffin cups. Serve warm or cooled.