

# APPLE OATMEAL CUPS



## INGREDIENTS:

- 2 cups quick oats
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/4 tsp salt
- 2 tbsp ground flax seeds
- 2 tbsp stevia brown sugar blend
- 1 cup cubed apples
- 1/4 cup chopped walnuts
- 1 3/4 cup egg whites

## DIRECTIONS:

- 1) Spray muffin pan with cooking spray
- 2) Preheat oven to 350 F
- 3) In a large bowl mix oats, baking powder, cinnamon, salt, ground flax, and brown sugar
- 4) Add apples and walnuts, mix well
- 5) Finally add egg whites and mix until well combined
- 6) Pour oat mixture evenly into muffin pan, makes 12 cups
- 7) Bake for 30-45 minutes, or until an inserted toothpick comes out clean

Enjoy!

Makes 12 Cups | Serving Size: 2 Cups  
Calories: 205 | Protein: 13 g | Carbs: 29 g | Fat: 6 g | Fiber: 5 g