

Apple Oatmeal Breakfast Cups

Ingredients:

- 3 cups old fashioned rolled oats
- 1 tsp. Non-GMO, aluminum-free baking powder*
- ¼ tsp. Himalayan pink salt (optional)
- 1 tsp. sweet Ceylon cinnamon (optional)**
- 1 cup non-dairy buttermilk (any plant-based milk + 1 tbsp. lemon juice)***
- 2 flax eggs (2 tbsp. ground flaxseeds + 4 tbsp. water)****
- ½ cup unsweetened applesauce (I used homemade)
- 1 large apple, chopped (approx. 1 heaping cup)
- ¼ cup raisins
- ¼ cup dates, chopped

Optional toppings:

- 2-3 tbsp. walnuts or pecans, chopped
- 2 tbsp. coconut or date sugar
- ½ tsp. Sweet Ceylon cinnamon or coriander

Instructions:

1. Preheat oven to 350°F or 180°C.
2. Prepare a 12 cup muffin tin by lining it with paper or silicone liners or greasing it lightly with sunflower lecithin or coconut oil, then set it aside.
3. In a large bowl combine oats, baking powder, salt, Ceylon cinnamon, non-dairy buttermilk, flax eggs, and applesauce. Mix together until everything is well incorporated.
4. Add in chopped apple, raisins, and dates. Stir gently until they are evenly distributed throughout the batter.
5. At this point, if using, you can combine the optional toppings in a small bowl and sprinkle that on top of all or half of the muffins. (Although totally optional, this is a nice step especially if kids are involved, as it adds a bit of texture and extra sweetness to the muffins).
6. Divide the batter into all 12 muffin cups (sometimes I get a few more).
7. Place them into the oven for 30-35 minutes or until they have set through and are golden brown on top.
8. Cool on a wire rack or clean kitchen towel.

Servings: 12

Tip: Store these in an airtight container on the top shelf of the fridge and they will last up to two weeks. These also freeze well. In the summer you can use fresh



berries instead of the apples and raisins. Add 1 tsp. of lemon zest to freshen them up even more.

**I used the Rumford brand.*

***Regular cinnamon is an irritant and can affect the delicate lining of the stomach. A mix of 2 parts coriander and 1 part cardamom can replace the cinnamon if necessary.*

****Almond, coconut, or organic soy milk work best. You could also use a vegan yogurt with a runnier consistency.*

*****Ground chia seeds will also work, but you may have to add 2 extra tablespoons of water.*