

Almond Butter Peach Blueberry Oatmeal Cups

Ingredients

- ½ cup creamy almond butter
- 2 tbsp melted and cooled coconut oil
- 2 eggs, *at room temperature*
- ¼ cup pure maple syrup
- ¾ cup milk of choice
- 1 tsp vanilla
- 2 cups old fashioned rolled oats
- 1 tsp baking powder
- 1 tsp cinnamon
- ¼ tsp salt

Mix-ins:

- ¾ cup diced peaches (~ 1 medium peach)
- ¾ cup fresh blueberries

For topping:

- 12 thin peach slices (~ 1 small peach)



Directions

1. Preheat the oven to 350 °F. Line a 12 cup muffin pan with muffin liners and spray with nonstick cooking spray to prevent oatmeal cups from sticking.
2. In a medium bowl, mix together the almond butter, coconut oil, eggs, maple syrup, milk and vanilla until smooth and well combined.
3. Stir in dry ingredients: oats, baking powder, cinnamon and salt; stir well to combine. Fold diced peaches and blueberries into the batter.
4. Evenly distribute oatmeal batter between muffin liners. Place a peach slice on top of each muffin. Bake for 25-30 minutes. Drizzle with your favourite nut butter before serving, if desired. Serves 12.

To store: store these oatmeal cups in the fridge in an airtight container for up to 4-5 days.

To freeze: allow them to cool completely after baking, then place them in an airtight container or reusable bag and freeze for up to 3 months. Once ready to eat you can microwave them for 45 seconds-1 minute until warm.