


## banana oatmeal cups



3 cups rolled oats  
3 ripe, mashed bananas  
1 cup milk  
2 eggs  
1 tablespoon brown sugar  
1 tablespoon baking powder


*Your child can help peel and mash soft bananas!*



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1. Preheat oven to 375° F. Spray a 12-cup muffin pan with cooking spray.
2. Mix all ingredients together. Scoop the batter into muffin cups evenly.
3. Bake for 20 to 30 minutes, until the edges start to brown and the muffins are firm.
4. Let the oatmeal cups cool before removing from the pan.

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