



## Breakfast Blueberry-Oatmeal Cakes

**ACTIVE:** 15 MINUTES **TOTAL:** 55 MINUTES (plus 8-12 hours soaking time)

**TO MAKE AHEAD:** Wrap airtight and refrigerate for up to 2 days or freeze for up to 3 months. **EQUIPMENT:** Nonstick muffin tin with 12 (½-cup) cups

*For a grab-and-go breakfast, reheat the oatmeal cakes in the microwave for about 40 seconds.*

2½ cups old-fashioned rolled oats

1½ cups low-fat milk

1 large egg, lightly beaten

⅓ cup pure maple syrup

2 tablespoons canola oil

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

1 teaspoon baking powder

¼ teaspoon salt

¾ cup blueberries, fresh or frozen

**1.** Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed, at least 8 hours and up to 12 hours.

**2.** Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.

**3.** Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt into the soaked oats until well combined. Divide the mixture among the muffin cups (about ¼ cup each). Top each with 1 tablespoon blueberries.

**4.** Bake the oatmeal cakes until they spring back when touched, 25 to 30 minutes. Let cool in the pan for a 10 minutes. Loosen and remove with a paring knife. Serve warm.

**SERVES 6:** 2 oatmeal cakes each

Calories 264, Fat 9g (sat 1g), Cholesterol 34mg, Carbs 41g, Total sugars 18g (added 12g), Protein 7g, Fiber 4g, Sodium 219mg, Potassium 277mg.

Nutrition bonus: Magnesium (26% daily value), Calcium (15% dv).