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
¾ cup pure maple syrup
2 tablespoons canola oil
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1 teaspoon baking powder
¼ teaspoon salt
¼ 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).