



Overnight Blueberry-Oatmeal Cakes

Prep/cook time: 55 min. (+ 8-12 hours soaking time).

Yield: 6 servings. Recipe from AARP.

Ingredients

2½ cups old-fashioned rolled oats
1½ cups low-fat milk
1 large egg lightly beaten
1/3 cup pure maple syrup
2 tablespoons vegetable oil
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1 teaspoon baking powder
¼ teaspoon salt
¾ cup blueberries, fresh or frozen

Nutritional info

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| Calories | 264 |
| Total Fat | 9g |
| Cholesterol | 13mg |
| Sodium | 219mg |
| Total Carbohydrates | 41mg |
| Fiber | 4g |
| Protein | 7g |
| Calcium | 150mg |
| Potassium | 277mg |

Directions

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, or line with parchment or paper cupcake cups.
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 1/4 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 about 10 minutes. Loosen and remove with a paring knife.
5. Serve warm or keep them in your freezer. For a grab-and-go breakfast, reheat the oatmeal cakes in the microwave for about 40 seconds.