

How to Make Delicious Baked Oatmeal Cups with Banana and Berries

This recipe uses simple, healthy pantry staples to create a delicious and convenient breakfast.



TIME
20-25 min

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INGREDIENTS

2 cups Rolled Oats: Old-fashioned rolled oats provide the best chewy, hearty texture.

1 % cups Almond Milk: Unsweetened almond milk works great, but feel free to use your favorite.

2 tbsp Honey: For a touch of natural sweetness.

1 ripe Banana, mashed: This is key for natural sweetness, moisture, and helping to bind the cups.

% cup Mixed Berries: Fresh or frozen both work perfectly!

1 tsp Cinnamon: For that classic, warm oatmeal flavor.

Swaps and Notes:

Oats: Old-fashioned rolled oats are ideal.

Quick-cooking oats can be used, but the texture will be a bit softer and less chewy. I would not recommend using steel-cut oats for this recipe, as they require a different cooking time and liquid ratio.

Milk: Any milk works here! Dairy milk (whole, 2%, skim), soy milk, oat milk, or cashew milk are all great substitutes for almond milk.

Sweetener: To make this recipe vegan, simply swap the honey for an equal amount of maple syrup or agave nectar. You can also adjust the sweetness to your preference.

Banana: The riper, the better! A banana with lots of brown spots will be sweeter and easier to mash, adding more flavor and moisture to your cups. If

you're not a fan of bananas, you could substitute it with about ½ cup of unsweetened applesauce.

Add-Ins: This is where you can get creative! Fruit: Instead of mixed berries, try diced apples, peaches, or chopped mango.

Nuts & Seeds: Add a ¼ cup of chopped walnuts, pecans, or almonds for crunch and healthy fats. A tablespoon of chia seeds or ground flax seeds can add an extra boost of fiber and omega-3s.

For a Treat: A handful of mini chocolate chips or raisins can make these feel like a real indulgence.

Step-by-Step Instructions:

Tips for Success:

Use a Ripe Banana: A very ripe, spotty banana is your best friend in this recipe. It provides significant natural sweetness and moisture.

Don't Overfill: Fill the muffin cups just to the top. They won't rise much, but overfilling can make them harder to get out of the pan.

Let Them Cool: Be patient and give the cups at least 10 minutes to cool in the pan. This step is crucial to prevent them from crumbling when you take them out.

Use Liners: For the absolute easiest experience, use silicone or paper muffin liners. The oatmeal cups will pop right out with zero mess.

Storage and Leftover Tips:

More Easy Breakfast Recipes You'll Love:

For another make-ahead option, These 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time-Saver.

When you have a bit more time on the weekend, try The Viral Cottage Cheese Pancake Everyone's Talking About.

To feed a crowd with minimal effort, you can't beat This One-Pan Breakfast Bake Will Make You Skip the individual orders.

Need something savory and fast? This 3-Ingredient Egg Wrap Is Taking Over Busy mornings everywhere.

And for a weekend brunch treat, bake a loaf of This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas.

Final Thoughts:

DIRECTIONS

1. Ready to simplify your mornings? It only takes a few easy steps.
2. **Step 1: Preheat and Prepare First,** preheat your oven to 350°F (175°C). Prepare a standard 12-cup muffin tin by lining it with paper or silicone muffin liners, or by spraying it generously with non-stick cooking spray. Liners make for the easiest cleanup!
3. **Step 2: Mix Your Ingredients** In a large bowl, combine all of your ingredients: the rolled oats, almond milk, honey, mashed banana, mixed berries, and cinnamon. Stir everything together until it's just combined. There's no need to overmix.
4. **Step 3: Portion and Bake** Using an ice cream scoop or a large spoon, divide the oatmeal mixture evenly among the prepared muffin cups. They should be mostly full.
5. **Step 4: Bake to Perfection** Place the muffin tin in the preheated oven and bake for 20-25 minutes. You'll know they're done when the centers are set and firm to the touch, and the edges are lightly golden. Let the oatmeal cups cool in the muffin tin for at least 10 minutes before removing them. This helps them to hold their shape.
6. **Tips for Success:** Use a Ripe Banana: A very ripe, spotty banana is your best friend in this recipe. It provides significant natural sweetness and moisture.
7. **Don't : Overfill:** Fill the muffin cups just to the top. They won't rise much, but overfilling can make them harder to get out of the pan.
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9. Use : Liners: For the absolute easiest experience, use silicone or paper muffin liners. The oatmeal cups will pop right out with zero mess.
10. Storage and Leftover Tips: These oatmeal cups are the ultimate meal-prep breakfast. To store, let them cool completely, then place them in an airtight container in the refrigerator for up to 5 days. You can enjoy them cold straight from the fridge, or warm them up in the microwave for about 20-30 seconds.
11. For freezing: Place the cooled oatmeal cups on a baking sheet in a single layer and freeze for about an hour until firm. Then, transfer them to a freezer-safe bag or container. They will keep for up to 3 months. You can reheat them directly from frozen in the microwave for about 60-90 seconds.
12. More Easy Breakfast Recipes You'll Love: If you're on a mission to win your mornings with easy, delicious breakfast options, here are a few more of my absolute favorites:
13. For another make-ahead option, : These 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies Are My Morning Time-Saver.
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17. And for a weekend brunch treat, bake a loaf of This Chocolate Chip Banana Bread Is My Favorite Way to Use Up Overripe Bananas.
18. Final Thoughts: Give this recipe a try this week, and I promise you'll feel a sense of relief when you open the fridge on a hectic morning and see a delicious, healthy breakfast waiting for you. It's a small bit of self-care that makes a huge difference.
19. I'd love to see your creations! Try out a new flavor combination and let me know how it goes in the comments below!

SWAPS & NOTES

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TIPS FOR SUCCESS

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