

Banana Peanut Butter Oatmeal Cups: The Ultimate Healthy Meal Prep Breakfast

The Best Banana Peanut Butter Oatmeal Cups



OVEN
350°F

TIME
25 min

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INGREDIENTS

1 Large Ripe Banana: Roughly 1/2 cup when mashed. The spottier, the better!

1/4 Cup Natural Peanut Butter: I prefer the drippy kind for easier mixing.

1 Large Egg: This acts as our binder.

2 tbsp Honey or Maple Syrup: Adjust based on how sweet your banana is.

1/3 Cup Milk of Choice: Dairy, almond, oat, or soy all work perfectly.

1/2 tsp Vanilla Extract: For that bakery-style aroma.

1 Cup Old-Fashioned Rolled Oats: These provide the best "chew."

1/2 tsp Baking Powder: To give them a little lift.

1/8 tsp Salt: To balance the sweetness.

1/2 tsp Ground Cinnamon: For warmth.

1/4 Cup Semi-Sweet Chocolate Chips: Because a little chocolate makes everything better.

Swaps and Notes:

Nut-Free: You can substitute the peanut butter with sunflower seed butter or almond butter.

Vegan Option: Use a flax egg (1 tbsp ground flax + 3 tbsp water) and maple syrup instead of honey.

Oats: Ensure you use certified gluten-free oats if you have a sensitivity. Avoid quick oats, as they will make the texture too mushy.

Sweetener: If your banana is completely black/overripe, you might be able to skip the honey

altogether!

Step-by-Step Instructions:

Prep the Pan: Preheat your oven to 350°F (175°C).

Line 6 muffin cups with paper liners and give them a light spritz of non-stick spray to ensure the oats don't stick to the paper.

Mix the Wet Ingredients: In a medium bowl, mash the banana until mostly smooth. Whisk in the egg, peanut butter, honey, milk, and vanilla extract until the mixture is creamy and well-combined.

Add the Dry: Stir in the rolled oats, baking powder, salt, and cinnamon. Use a spatula to fold everything together until the oats are evenly coated.

Fold in Chocolate: Gently fold in most of the chocolate chips, saving a few for the tops.

Fill & Top: Divide the batter evenly among the 6 muffin cups. They won't rise as much as traditional cupcakes, so you can fill them almost to the top. Sprinkle the remaining chocolate chips over each cup.

Bake: Place in the center rack of the oven and bake for 20-25 minutes. You're looking for the centers to be set and the edges to be a light golden brown.

Cool: Let the cups sit in the pan for 5 minutes.

This is crucial as they continue to firm up!

Transfer them to a wire rack to cool completely.

Tips for Success:

Don't Overbake: These are meant to be soft. If they stay in the oven too long, the oats will lose their moisture.

The Banana Hack: If you have extra bananas that are reaching their limit, check out this chocolate chip banana bread for another way to use them up.

Let Them Set: Like most baked oat recipes, the flavor and texture actually improve after they have cooled for at least 20 minutes.

Serving Suggestions and Pairings:

A Refreshing Drink: Try this Blueberry Lemonade for a bright, fruity contrast to the nutty oats.

Fresh Fruit: A side of Greek yogurt and fresh berries makes this a complete, high-protein meal.

Nutritional Information (Per Serving):

Calories: ~195 kcal

Protein: 6g

Fiber: 3g

DIRECTIONS

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11. Serving Suggestions and Pairings: I love eating these warm with a little extra smear of peanut butter on top. If you're serving these for a weekend brunch, they pair beautifully with:
12. A Refreshing : Drink: Try this Blueberry Lemonade for a bright, fruity contrast to the nutty oats.
13. Fresh : Fruit: A side of Greek yogurt and fresh berries makes this a complete, high-protein meal.
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15. Protein: 6g
16. Fiber: 3g
17. Healthy : Fats: 9g
18. Sugar: 8g (mostly natural)
19. Storage and Leftover Tips: Countertop: Keep in an airtight container for up to 2 days.
20. Fridge: These stay fresh and chewy for up to 5 days in the refrigerator.
21. Freezer: These are incredibly freezer-friendly. Wrap them individually in plastic wrap and store in a gallon-sized freezer bag for up to 2 months.
22. Reheating: Microwave for 20-30 seconds for that "fresh out of the oven" feel.
23. More Recipes You Will Love: If you enjoyed these oat cups, you have to try these other healthy-ish snacks and treats:
24. 3-Ingredient Chocolate Chip Oatmeal Breakfast Cookies - For when you're in an even bigger rush!
25. No-Bake : Peanut Butter Oatmeal Bars - The perfect afternoon pick-me-up.

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/banana-peanut-butter-oatmeal-cups-the-ultimate-healthy-meal-prep-breakfast/>