

BLUEBERRY-OATMEAL BREAKFAST CAKES

Preparation: **15** minutes | Cooking: **30** minutes | Servings: **4**

INGREDIENTS

1 large egg
2 1/2 cups old-fashioned rolled oats
1 1/2 cups low-fat milk
3/4 cup blueberries
1/3 cup maple syrup
2 tablespoons canola oil
1 teaspoon vanilla extract
1 teaspoon cinnamon
1 teaspoon baking powder
1/4 teaspoon salt



INSTRUCTIONS

Combine the oats and milk in a large bowl. Cover the bowl, and let it sit, (ideally overnight) in the refrigerator until most of the liquid is absorbed. Preheat your oven to 375 degrees Fahrenheit. Coat a 12-cup, nonstick muffin tin with cooking spray. In the bowl with the oats, stir in the egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt until well combined. Divide the mixture evenly among the muffin cups and top each with 1 tablespoon of blueberries. Then, bake it for about 25-30 minutes. When done, let it cool in the pan for 10 minutes before serving.