



ORANGE BAKED OATMEAL CUPS

May 4

National Orange Juice Day

INGREDIENTS

- 2 Large Eggs
- 1/3 Cup Syrup
- Zest from 1 Large Orange
- 1/2 Cup Orange Juice
- 1 Tablespoon Butter (melted)
- 1/4 Cup Milk
- 2 Teaspoons Vanilla Extract
- 2 1/2 Cups Old Fashioned Rolled Oats
- 1 Teaspoon Baking Powder
- 1/4 Teaspoon Salt

DIRECTIONS

1. Preheat oven to 350°. Line 12 muffin cups with liners.
2. In a large bowl, whisk together egg, syrup, zest, juice, butter, milk and vanilla until well combined.
3. Add the oats, baking powder and salt and mix until well combined.
4. Divide mixture into muffin tins and bake for 20-25 minutes until the cups are set and golden brown.

MEAL PATTERN CONTRIBUTION

MEAL TYPE

YIELD

 Breakfast

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Oatmeal Cup	1 Oatmeal Cup	2 Oatmeal Cups	4 Oatmeal Cups