

# Market District Demo Recipes

## Entrée



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Banana Zucchini Oatmeal Cups

Serves: 8

Modified from: [www.Hummusapien.com](http://www.Hummusapien.com)

**Items Needed:** 2 muffin tins, grater, potato masher, large mixing bowl, whisk, stirring spoon, measuring cups, measuring spoons

### Ingredients:

- Cooking spray
- 3 small over-ripe bananas (about 1 cup), mashed
- 2 small zucchinis, grated (about 2 cups – don't squeeze water out)
- ½ cup almond milk (or any milk you prefer, unsweetened)
- 1 teaspoon vanilla extract
- ¼ cup almond butter
- ¼ cup maple syrup
- 1 egg
- 3 cups old-fashioned oats
- 1 Tablespoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon fine sea salt

### Directions:

1. Preheat oven to 375 F. Spray a muffin tin (you will need 2 tins, as this recipe makes 16 muffins) with cooking spray.
2. Place bananas in a large bowl and mash with a fork. Add grated zucchini, almond milk, vanilla extract, almond butter, maple syrup, and egg, stirring to combine.
3. Add oats, baking powder, cinnamon, and salt. Stir until just combined.
4. Spoon mixture into muffin cups, filling to the top. Divide among 16 muffin wells. Bake for 23-28 minutes, or until a fork comes out clean. Store cooled oatmeal cups in an air-tight container in the refrigerator, or freeze.

**Nutrition Information (per 2 oatmeal cups):**

Calories: 250 Fat: 5.5 g Carbs: 36 g Protein: 7 g Fiber: 2.5 g Sodium: 290 mg