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## Oatmeal On The Go Cups (E)

*Oatmeal On the Go Cups are perfect for busy mornings. Grab and go! Enjoy 2 or even 3 for your E breakfast.*

### Multi Serve Recipe

#### INGREDIENTS:

- Coconut oil cooking spray
- 2 1/2 cups old fashioned rolled oats
- 1/2 cup THM Gentle Sweet (plus 2 doonks of Pure Stevia Extract Powder for a sweeter tooth)
- 2 bananas
- 1 cup frozen blueberries (or fresh blueberries; a generous cup)
- 3/4 cup egg whites (carton or fresh)
- 1/2 cup unsweetened nut milk (unsweetened almond or cashew milk or water)
- 1 1/2 tsp aluminum-free baking powder
- 2 pinches mineral salt
- 1 tsp banana extract
- 1 tsp vanilla extract
- optional: 1/4 cup THM Integral Collagen (for added protein)

#### INSTRUCTIONS:

1. Preheat the oven to 425°F. Line 12 cups of a muffin tin with cupcake or muffin liners and coat with coconut oil cooking spray.
2. Combine all the ingredients in a large bowl, then divide among the 12 muffin cups and bake for 17 to 18 minutes.

This and other delicious THM recipes can be found at  
[www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)