

PB&J Baked Oatmeal



This breakfast combines the classic flavors of peanut butter and jelly while providing valuable fuel to start your day. Makes a great Sunday make ahead dish to set your mornings up for success during the week.

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	15 MIN	35 MIN

INGREDIENTS

2 cups	Quick Oats
1 tsp	Baking Powder
1 tsp	Cinnamon, ground
¼ tsp	Kosher Salt
3 large	Eggs
1 cup	Milk, 1%, low-fat
¼ cup	Light Brown Sugar
3 Tbsp	Canola Oil
1 tsp	Vanilla Extract
½ cup	Peanut Butter, natural
½ cup	Peanuts, dry roasted and unsalted
½ cup	Low Sugar Jam, Jelly or Preserves, any flavor

CHEF'S NOTES

Allergic to peanuts? You can swap peanut butter for your favorite nut or seed butter!

The chopped peanuts add a nice crunch with a little extra protein and fiber. For more texture, you can also add frozen berries.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F. Line a 12-cup muffin tin with silicone or paper liners and spray with nonstick cooking spray. Set side.
2. In a medium mixing bowl, use a whisk to combine the oats, baking powder, cinnamon, and salt.
3. In a separate medium mixing bowl, use a whisk to thoroughly blend the eggs, milk, brown sugar, oil, and vanilla.
4. Add the oat mixture to the wet mixture and use a rubber spatula to combine. Add the peanut butter and mix (some lumps of peanut butter are fine).
5. Meanwhile, chop the peanuts. Add half of the chopped peanuts to the batter and reserve the rest.
6. Using a muffin scoop (1.5 oz/3 Tbsp size), divide the mixture into the 12 prepared muffin cups.
7. Add 2 teaspoons of jam to the top of the oatmeal mixture on each muffin. Use a toothpick to swirl the jam then sprinkle the remaining half of the chopped peanuts on top.
8. Bake for 16-18 minutes, or until a toothpick inserted in the center comes out clean. Transfer to a cooling rack to cool before serving or storing.

Nutrition Facts

12 servings per container

Serving size 1 muffin (81g)

Amount Per Serving

Calories 240

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 160mg 7%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 11%

Total Sugars 11g

Includes 8g Added Sugars 16%

Protein 8g 16%

Vitamin D 0.5mcg 2%

Calcium 70mg 6%

Iron 1mg 6%

Potassium 150mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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