



Makes 12 oatmeal cups
Preparation Time: 15 minutes
Cook Time: 6 hours 45 minutes

INGREDIENTS:

2 cups rolled oats
¼ cup date paste
½ teaspoon sea salt
½ teaspoon orange zest
¼ cup apple juice-sweetened dried cranberries
1 teaspoon ground cinnamon
1 cup fresh blueberries
2 tablespoons sliced almonds, toasted
Unsweetened, unflavored plant-based milk (optional)

Freezer-Friendly Oatmeal Cups with Berries and Toasted Almonds

Don't worry: Though these fruity oatmeal cups take six hours to set in the freezer, they require just 15 minutes of active prep time. Keep them in the freezer so they're ready when you are. Just pop a couple of these in the microwave for a quick breakfast.

By Nancy Macklin, RDN

- 1** In a large saucepan bring 5 cups water to boiling; stir in oats, date paste, sea salt, and orange zest. Cook, uncovered, over medium 5 minutes, stirring occasionally. (Watch carefully as the mixture may bubble up.) Remove from heat; stir in cranberries and cinnamon. Let cool 45 minutes. (Mixture will thicken as it cools.)
- 2** Line twelve 2 ½-inch muffin cups with foil bake cups or use silicone muffin cups. Spoon oat mixture into cups. Sprinkle with blueberries and almonds, pressing down lightly. Cover and freeze 6 hours or overnight until firm. Peel away foil from oatmeal cups or pop out of silicone cups. Transfer to freezer bags or airtight containers. Freeze up to 3 months.
- 3** To serve, place two frozen oatmeal cups in a small bowl; cover with waxed paper and microwave 2 to 3 minutes or until heated through, stirring twice. Stir before serving and, if desired, top with milk.