

Baked Blueberry Oatmeal with Banana

Prep Time: 20 Min Cook Time: 35 Min Total Time: 55 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1 square

Amount Per Serving

Calories 207 Calories from Fat 22

% Daily Value *

Total Fat 3g 4%

Saturated Fat 1g 3%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 32mg 11%

Sodium 174mg 8%

Total Carbohydrate 42g 14%

Dietary Fiber 4g 16%

Sugars 23g

Protein 7g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 1/3 ripe bananas
- 1 cup skim milk (or unsweetened almond milk)
- 2/3 egg
- 3/4 tsp vanilla extract
- salt
- 2 tbsp + 2 tsp honey (or pure maple syrup)
- 1 cup rolled oats
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1 cup blueberries

Directions

- 1 Preheat the oven to 375 degree. Spray a baking dish (8 X 8 for six servings) with cooking spray or cover with parchment. Place the bananas (unpeeled) on a piece of foil and bake for 15 minutes. Remove and once cool, slice. It is fine if they are a bit mushy, in fact they should be soft. You can skip this step for faster prep but cooking the bananas will deepen the flavor and bring out more of their natural sweetness.
- 2 In a bowl, mix together the milk, egg, vanilla extract, salt, and honey.
- 3 In another bowl, mix together the oats, baking soda, and cinnamon.
- 4 Add to the milk mixture and stir together. Fold in the blueberries and bananas.
- 5 Pour into the parchment lined baking dish. Bake for 35-40 minutes or until golden brown and cooked through. If you prefer a more custard like (classic oatmeal) consistency, take out at 30 minutes.

Notes

