

Banana Baked Oatmeal

ONIEproject.org – recipe

Ingredients

Non-stick cooking spray
2 cups quick oats
1 tsp baking powder
1 Tbsp pumpkin pie spice
1/4 tsp salt
1/2 cup chopped walnuts
2 large ripe bananas
2 cups 1% low-fat milk
2 Tbsp honey
1 large egg
1 tsp vanilla extract



Preparation

1. Preheat oven to 350°F. Lightly coat a medium baking dish with cooking spray.
2. In a large bowl, add oats, baking powder, pumpkin pie spice, salt & walnuts. Mix.
3. In another large bowl, add bananas & mash with a fork. Add milk, honey, egg & vanilla. Mix well. Add oat mixture to banana mixture. Stir to combine.
4. Pour mixture into prepared baking dish & spread evenly. Bake 25 minutes or until golden brown & center is cooked through.
5. Remove from oven & cool 5 minutes. Serve topped with fresh banana.

Nutrition Facts	
6 servings per recipe	
Serving size	(182g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 43g	16%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 6g Added Sugars	12%
Protein 10g	