

Baked Oatmeal

Yields: 6 servings

Nutritional info: Calories 212, 6 grams of protein, 5 grams of Fat

Ingredients:

2 medium Bananas (sliced into 1/2 inch slices)

1 ½ cup Blueberries

¼ cup Honey

1 cup uncooked quick oats

¼ cup chopped walnuts or pecans

½ tsp baking powder

¾ tsp cinnamon

Pinch of salt

1 cup Fat Free Milk (can substitute with soy milk, etc.)

1 egg (can use egg white/substitute) if desired

1 tsp vanilla extract

Directions:

- Preheat the oven to 375F. Lightly spray an 8"x8" or 9x9" ceramic baking dish with cooking spray.
- Arrange the banana slices in a single layer on the bottom of the baking dish. Sprinkle half of the blueberries over the bananas, ¼ tsp cinnamon, 1 TBSP of honey and cover with foil. Baked for 15 minutes, until bananas get soft.
- In a medium bowl, combine the oats, half of the nuts, baking powder, remaining cinnamon, and salt. Stir together.
- In a separate bowl, whisk together the remaining honey, milk, egg and vanilla extract.
- Remove the bananas from the oven, then pour the oat mixture over the bananas and blueberries.
- Pour the milk mixture over the oats, making sure to distribute as evenly as possible. Sprinkle the remaining blueberries and nuts over the top.
- Bake the oatmeal for 30 minutes, or until golden brown.