



# Banana-Blueberry Baked Oatmeal

## Servings:

6

## Ingredients:

- 2 cups whole rolled oats
- ½ cup nuts, chopped
- ¼ cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 2 cups low-fat or fat-free milk
- 1 egg
- 2 Tablespoons margarine or butter, melted
- 2 teaspoons vanilla extract, optional
- 1 ½ cup blueberries
- 2 bananas, peeled and sliced
- Oil cooking spray

## Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, add oats, half of the nuts, sugar, baking powder, and cinnamon.
3. In another bowl, whisk together milk, egg, melted butter, and vanilla.
4. Add the egg mixture to the oat mixture and stir to combine.
5. Gently stir in blueberries and sliced bananas.
6. Spray 8 x 8 baking pan with cooking oil spray.
7. Pour mixture into pan and top with remaining chopped nuts.
8. Bake for 35-40 minutes.

## Nutrition Facts

Serving Size 1 cup (215g)  
Servings Per Container 6

### Amount Per Serving

**Calories 320**    Calories from Fat 100  
% Daily Value\*

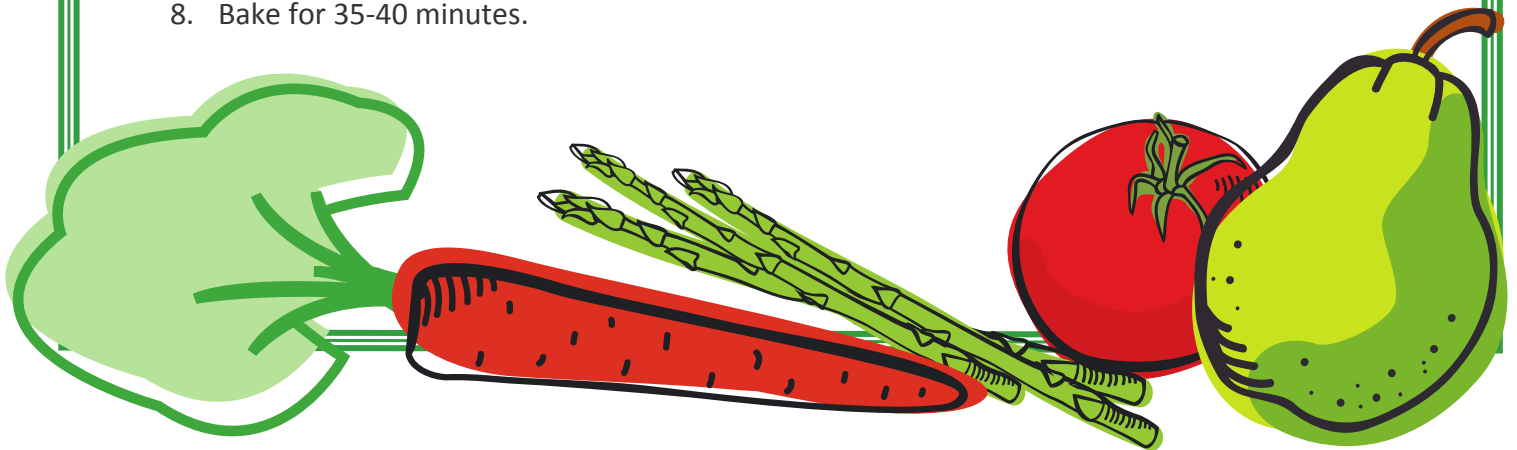
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 1g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 23g	

### Protein 9g

Vitamin A 8%    • Vitamin C 10%  
Calcium 15%    • Iron 10%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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