

# WELLNESS CONNECTION

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## NOURISHING YOU - Baked Oatmeal with Blueberries and Bananas

*Recipe by Leana Coffey*

*Gluten Free, Vegetarian*

*Serves 6*

Are you looking for something different for breakfast? I love oatmeal, so this heart-healthy baked oatmeal recipe was the perfect choice to get me out of my rut of having the same thing every morning. The sweet bananas and tangy blueberries combined with the cinnamon and walnuts is pure heaven. Substitute your favorite nuts and fruit such as almonds, strawberries or pears. You could also use frozen fruit; just be sure to defrost it first. This recipe is a great left-over option; simply pop it into the microwave for 15-30 seconds. You can easily make this recipe dairy-free by using another type of milk, such as almond milk or you can reduce the honey to decrease a few carbs. Enjoy!



### Ingredients

- 2 medium ripe bananas sliced into half-inch pieces
- 1½ cup blueberries
- ¼ cup honey or agave
- 1 cup uncooked quick oats (check labels for gluten-free)
- ¼ cup chopped walnuts or pecans
- ½ tsp baking powder
- ¾ tsp cinnamon
- Pinch of salt

- 1 cup fat-free milk, or any milk you desire
- 1 egg
- 1 tsp vanilla extract

## Instructions

1. Preheat oven to 375 degrees Fahrenheit. Lightly spray an 8-by-8-inch or 9-by-9-inch baking dish with cooking spray; set aside.
2. Arrange the banana slices in a single layer on the bottom of the baking dish. Sprinkle half of the blueberries over the bananas,  $\frac{1}{4}$  tsp of the cinnamon, 1 tbsp of the honey and cover with foil.
3. Bake 15 minutes until the bananas are soft.
4. Meanwhile, in a medium bowl, combine the oats, half the walnuts, baking powder, remaining cinnamon, and salt; stir together.
5. In a separate bowl, whisk together the remaining honey, milk, egg, and vanilla extract.
6. Remove the bananas from the oven, then pour the oat mixture over the bananas and blueberries.
7. Pour the milk mixture over the oats, making sure to distribute the mixture as evenly as possible. Sprinkle the remaining blueberries and walnuts over the top.
8. Bake the oatmeal for 30 minutes or until the top is golden brown and the oatmeal has set. Serve warm from the oven.

Nutrition Information: (serving size 1/6th) Calories 211 | Carbs 38g | Fat 6g | Protein 6g

