

Banana Baked Oatmeal

9 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

2 1/2 cups Oats (rolled)
1/2 cup Ground Flax Seed
1 cup Walnuts (chopped, divided)
4 Banana (small, very ripe, mashed)
1/3 cup Maple Syrup
1 1/2 cups Unsweetened Almond Milk
1 tsp Vanilla Extract
1/4 tsp Sea Salt
3/4 tsp Cinnamon (optional)

DIRECTIONS

- 01 Combine the oats, ground flax and 2/3 of the walnuts in a large mixing bowl.
- 02 In a second mixing bowl combine the mashed banana, maple syrup, almond milk, vanilla, salt and cinnamon, if using. Stir the banana mixture into the oat mixture until well combined. Let the batter rest for at least 20 minutes.
- 03 Preheat the oven to 350°F (176°C). Line a baking dish with parchment paper.
- 04 Transfer the batter to the prepared baking dish and top with the remaining walnuts. Bake for 30 to 35 minutes or until golden brown around the edges and just spongy to the touch.
- 05 Let cool slightly before serving. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	288	Carbs	39g
Fat	13g	Protein	7g