

Peanut Butter Banana Oatmeal Bake

4 SERVINGS 40 MINUTES



INGREDIENTS

2 Banana (divided)
2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 tbsps Maple Syrup
2 tbsps Chia Seeds
1/3 cup All Natural Peanut Butter (divided)

NUTRITION

AMOUNT PER SERVING

Calories	421	Carbs	56g
Fat	19g	Protein	13g

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a square or loaf pan with parchment paper, or grease it with your choice of oil.
- 02 Cut half of your bananas into slices, and mash the remaining half with the back of a fork.
- 03 In a mixing bowl, combine the oats, milk, maple syrup, chia, mashed bananas, and 2/3 of the peanut butter.
- 04 Transfer the mixture to your pan. Top with banana slices and drizzle the remaining peanut butter over top. Bake for 35 minutes and let cool slightly before serving. Enjoy!