

## Blueberry-Banana Baked Oatmeal

<http://www.muscleandfitness.com/muscle-fitness-hers/hers-nutrition/blueberry-banana-baked-oatmeal>

### Ingredients:

2 cups rolled oats (old-fashioned oats not quick oats)  
1/2 cup chopped walnuts  
1/4 cup honey  
1 tsp baking powder  
1 1/2 tsp ground cinnamon  
1/2 tsp salt (optional)  
2 cups light soy milk or almond milk  
2 medium eggs  
1/2 cup tub butter (melted and slightly cooled)  
2 tsp vanilla extract  
2 ripe bananas, cut into 1/2" pieces  
2 cups fresh, or frozen and thawed, blueberries

### Instructions:

1. Preheat oven to 375 degrees.
2. Spray nonstick cooking spray on the inside of an 8" square baking dish.
3. In a medium mixing bowl, combine the oats, baking powder, cinnamon, and salt if desired. SET ASIDE the oat mixture
4. In another medium bowl, combine the honey, milk, eggs, butter, and vanilla extract. SET ASIDE the milk/egg mixture
5. Arrange the bananas in layers on the bottom of the baking dish.
6. Place blueberries on top.
7. Cover the fruit with the oatmeal mixture.
8. Slowly pour the milk/egg mixture over the fruit and oat mixture.
9. Bake for 20-35 minutes or until golden brown and mixture has set.
10. Remove from the oven.
11. Let cook for 5-10 minutes before cutting.
12. Store in the refrigerator.

Calories: 356

Protein 10g; Carbs 48g; Fiber 5g; Fat 16g; Sat Fat 3g; Cholesterol 58 mg; Sodium 340 mg

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