



Mixed Berry Banana



Baked Oatmeal

Recipe from *Eat Dat!*

Ingredients



- 1 1/2 cup frozen berries
 - 2 medium ripe bananas, sliced into 1/2-inch pieces
 - 1/4 cup honey
 - 1 cup uncooked quick oats
 - 1/2 tsp. baking powder
 - 1 tsp. cinnamon
 - 1 cup fat free milk
 - 1 large egg
 - 1 tsp. vanilla extract
 - No-calorie cooking spray
- Yield: 6 servings
Serving Size: 1 bar



Directions



1. Preheat the oven to 375 degrees. Lightly spray 8 x 8-inch or 9 x 9-inch ceramic baking dish with no-calorie cooking spray; set aside.
2. Put the banana slices in a single layer on the bottom of the ceramic dish. Sprinkle half the blueberries over the bananas, 1/4 teaspoon of the cinnamon, 1 Tablespoon of the honey and cover with foil.
3. Bake 15 minutes, until the bananas get soft.
4. Meanwhile, in a medium bowl, combine the oats, baking powder, and remaining cinnamon; stir together.
5. In a separate bowl, whisk together the remaining honey, milk, egg, and vanilla extract.
6. Remove bananas from the oven and pour oat mixture over them. Pour the milk mixture over the oats, making sure to distribute the mixture as evenly as possible over the oats. Sprinkle the remaining blueberries over the top.
7. Bake the oatmeal for about 30 minutes, or until the top is golden brown and the oatmeal has set. Serve warm from the oven.

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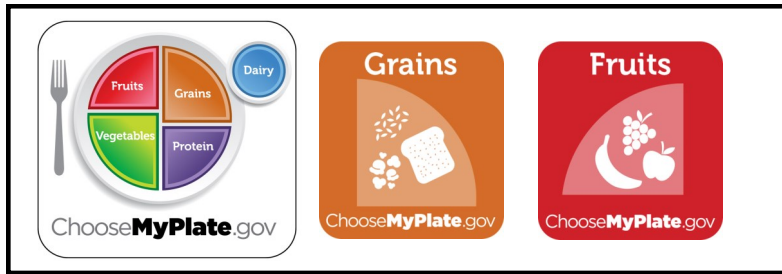
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Fast Facts

Featured Food Groups



Cooking Tips

- Use fresh berries if you have them.
- Add other fruits you have on hand.
- Make a large batch of baked oatmeal to enjoy for breakfast throughout the week!

Second Harvest is an equal opportunity provider.



Nutrition Facts

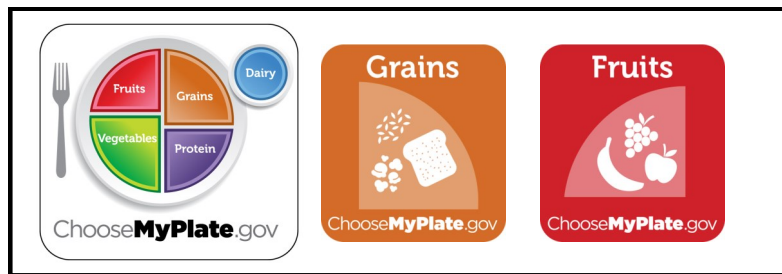


Nutrition Facts	
6 servings per container	
Serving size	1 bar
Amount Per Serving	
Calories	180
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 30mg	10%
Sodium 75mg	3%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	11%
Total Sugars 22g	
Includes 11g Added Sugars	22%
Protein 5g	10%
Vitamin D 1mcg	4%
Calcium 93mg	8%
Iron 1mg	6%
Potassium 305mg	6%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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