

**Breakfast | Snack** 

# **Banana-Peach Baked Oatmeal**

10 Mins **Prep Time** 

40 Mins **Cook Time** 

**12** Servings

188 Calories 3g Fat 37g Carbs 5g Protein



## **Ingredients**

12 Servings



50 Mins Total Time



Allergens: Eggs, Gluten

- 3 Ripe Bananas, mashed 🖤
- 2 Eggs
- 3 Cups Vanilla Almond Milk, Unsweetened
- 1/4 Cup Honey
- 1 Tsp Vanilla
- 1 Tsp Cinnamon 👣
- 1 Tsp Baking Powder
- 1/2 Tsp Salt
- 4 Cups Old Fashioned Oats 🖤
- 2 Cups Ripe Peaches, or frozen peaches, thawed

#### **Allergen Swap**

Eggs Omit the eggs, the eggs will not affect the dish

Gluten Oats are naturally gluten-free, but for Celiac Disease use gluten-free oats

Nuts Omit almond milk and replace with cow's milk or soy milk

#### **Nourishment Note**



Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.



1 Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provide your body with the energy it needs to function its best.



**(7)** Cinnamon

Cinnamon is a powerhouse spice full of antioxidants, types of nutrients that help protect cells from becoming damaged. Cinnamon may also help with blood sugar control and reduce the risk of heart disease.



## **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Combine Ingredients

In a large mixing bowl, whisk together banana, eggs, milk, honey, vanilla, cinnamon, baking powder, and salt. Gently fold in oats and fruit.

#### 3. Transfer to Baking Pan

Transfer mixture to a greased 9x13 inch glass dish or baking pan.

#### 4. Bake

Bake at 350°F for 40 minutes. Oatmeal is done when the dish appears firm and no liquid remains.

#### 5. Serve & Enjoy

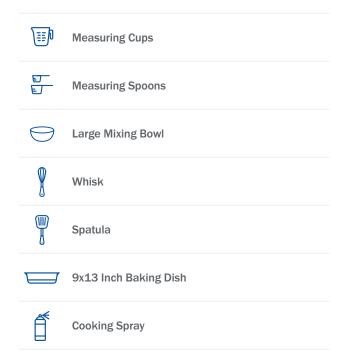
Serve warm or reheat for meals during the week.

#### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

## What You'll Need



#### **Remission Remix**

 Top with additional fruit, like strawberries, blueberries, or raspberries.