

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

¼ Cup Honey

1 Tsp Vanilla

1 Tsp Cinnamon 

1 Tsp Baking Powder

½ 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.



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.



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



Measuring Cups



Measuring Spoons



Large Mixing Bowl



Whisk



Spatula



9x13 Inch Baking Dish



Cooking Spray

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