

**Breakfast | Snack** 

# Banana-Peach Baked Oatmeal

**Side Effect: Diarrhea** 

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, Nuts

- 3 Ripe Bananas, mashed 🛡
- 2 Eggs
- 3 Cups Vanilla Almond Milk, Unsweetened
- 1/4 Cup Honey, pasteurized
- 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**

 ${\bf Eggs}$  Omit the eggs, the eggs will not affect the dish

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.



Old-Fashioned Oats

Oats are rich in water-absorbing soluble fiber. This type of fiber can be especially beneficial for diarrhea, as it absorbs excess water in the bowel, potentially providing diarrhea relief.



## **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

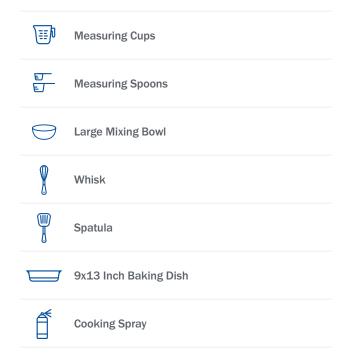
Serve warm or reheat for meals during the week.

#### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitian

# What You'll Need



## **Fatigue Buster**

• Make once and eat throughout the week.