

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

$\frac{1}{4}$ Cup Honey, **pasteurized**

1 Tsp Vanilla

1 Tsp Cinnamon

1 Tsp Baking Powder

$\frac{1}{2}$ 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

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



Measuring Cups



Measuring Spoons



Large Mixing Bowl



Whisk



Spatula



9x13 Inch Baking Dish



Cooking Spray

Fatigue Buster

- Make once and eat throughout the week.