

Blueberry Banana Baked Oatmeal

Ingredients:

Bananas, mashed	1.5 cups (about 3 bananas)
Salt	½ teaspoon
Eggs	2
White sugar	¼ cup
Vanilla extract	1 tsp teaspoon
Baking powder	¾ tsp teaspoon
Milk	2 cups
Quick oats	2.5 cups
Frozen blueberries	1 ¼ cups



Directions:

1. Preheat oven to 375 F.
2. Mash bananas in a large bowl
3. Add eggs, sugar, vanilla, and salt to the bowl with the mashed bananas. Mix well with a fork or whisk to combine.
4. Add the milk and mix again until smooth.
5. Stir in the quick oats.
6. Stir in the frozen blueberries.
7. Spray an 8x10 rectangle baking dish with non-stick spray. or grease with oil.
8. Pour the oat mixture into the baking dish.
9. Bake for 45 minutes, or until the top is golden brown and the center is no longer wet to the touch.

Serve warm or refrigerate until ready to eat. This can be quickly reheated in the microwave!

Serves 6 to 8.

Tips

- This recipe will work with fresh or frozen bananas.
- Other kinds of fruit to try instead of blueberries: Strawberries, raspberries, apples.
- This dish can be stored in the fridge for 3-4 days, or frozen for up to 6 months.
- Optional** Add milk to the reheated oatmeal to get a better texture.

