

BEYOND HUNGER

BANANA BLUEBERRY OATMEAL BAKE

This Banana Blueberry Oatmeal Bake will satisfy your sweet-tooth and fill your home with the delicious smell of cinnamon. It is a great way to dress up your rolled oats. Rolled oats are incredibly nutritious; they are rich in antioxidants and fiber.

Yield: 8 servings

Ingredients

- 1 1/2 cups **unsweetened soy or almond milk** or 2% milk
- 1 teaspoon **vanilla extract**
- 1/2 teaspoon ground **cinnamon**
- 1/8 teaspoon **salt**
- 1 1/4 cups **old-fashioned oats**
- 2 medium **bananas**, sliced
- 1 cup fresh or frozen **blueberries**

For the topping:

- 1/4 cup packed **brown sugar**
- 2 tablespoons **all-purpose flour**
- 2 tablespoons **butter**, softened
- 1/2 cup chopped unsalted **pistachios** (or nut of preference)

Instructions

1. Preheat oven to 350°. In a bowl, whisk the first 4 ingredients until blended. Stir in oats.
2. Arrange banana slices in a single layer in a greased 9-in. square baking pan, sprinkle with blueberries. Pour oatmeal mixture over top, spreading evenly. Bake until set, 25-30 minutes. Remove from the oven. Preheat broiler.
3. For the topping, in a small bowl, mix brown sugar, flour and butter with a fork until crumbly; stir in pistachios. Sprinkle over oatmeal. Broil 7-8 inches from heat until lightly browned, 2-3 minutes. Let stand for 10 minutes before serving.

Per Serving: Calories 203, Carbohydrates 29.2 g, Protein 5.2 g, Saturated Fat 2.5 g, Sodium 56 mg, Fiber 3.6 g, Sugars 13 g

This recipe is featured in the July 2021 issue of Beyond the Kitchen and was adapted from Taste of Home..

