

Banana Bread Oatmeal Bake

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Serves 4

Blue – 5 points

Purple – 1 point

Green – 6 points

- 2 1/4 cups old fashioned oats
- 1 tsp baking powder
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 1/4 tsp salt
- 1 cup mashed banana – 2 large or 3 medium
- 2 eggs
- 1 1/2 cups unsweetened almond milk
- 1/4 cup sugar free maple syrup
- 1 tsp vanilla
- OPTIONAL – chopped nuts, chocolate chips, banana slices
– adjust points accordingly

1. Preheat oven to 375. Spray an 8×8 inch baking dish with non stick spray. I like to line the bottom with parchment paper.
2. In a small bowl, combine oats and spices. Stir
3. In a large bowl, mash bananas

4. Whisk in eggs, then almond milk, maple syrup and vanilla.
5. Add in oat mixture and stir well until oats are totally combined. Add in any "extras"
6. Pour into prepared baking dish. Bake for 40-45 minutes. Let cool before cutting.