

Nutty Blueberry Baked Oatmeal



This recipe gives you the benefits of heart healthy oatmeal in a convenient grab and go package. Use whatever frozen fruit and nuts you like best!

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

2 cups	Old Fashioned Oats (not instant/quick)
1 tsp	Baking Powder
¼ tsp	Kosher Salt
2 tsp	Cinnamon, ground
2 medium	Bananas, ripe
⅓ cup	Peanut Butter, natural
1 large	Egg
1 cup	Milk, 1%, low-fat
1 tsp	Vanilla Extract
3 Tbsp	Brown Sugar
1 cup	Blueberries, frozen or fresh
¼ cup	Almonds, sliced or slivered

CHEF'S NOTES

Both blueberries and oats are rich in antioxidants and are considered anti-inflammatory foods; making them a perfect combination to start your day.

PRO TIP: Use frozen bananas! Just defrost until soft before mashing.

You can also bake this recipe in a 9x9" square baking pan and cut into squares for serving. Make sure to use nonstick cooking spray and bake for 30-35 minutes.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Line a 12-cup muffin pan with paper liners and spray with nonstick cooking spray. Set aside.
2. In a medium bowl, whisk together the oats, baking powder, salt, and cinnamon.
3. In a large bowl, mash the bananas with a fork until they are smooth. Add the peanut butter and brown sugar, and using a whisk, mix until thoroughly combined with the banana.
4. Add the egg, milk, and vanilla to the banana mixture and mix until well blended.
5. Using a rubber spatula, stir the dry ingredients into the wet ingredients. Using a measuring spoon or ice cream scoop, divide the mixture into the 12 prepared muffin cups.
6. Scatter the blueberries evenly over the top of the oatmeal and then top with the almonds.
7. Bake for 20-22 minutes, or until a toothpick inserted in the center comes out clean.

Nutrition Facts

6 servings per container

Serving Size 2 muffins (168 g)

Amount per serving

Calories 330

% Daily Value *

Total Fat 13g 17%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 35mg 11%

Sodium 240mg 10%

Total Carbohydrate 44g 16%

Dietary Fiber 6g 23%

Total Sugars 17g

Includes 6g Added Sugars 12%

Protein 11g 22%

Vitamin D 0.66mcg 3%

Calcium 100mg 7%

Iron 2mg 9%

Potassium 400mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

12 servings per container

Serving Size 1 muffin (84 g)

Amount per serving

Calories 160

% Daily Value *

Total Fat 7g 9%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 15mg 6%

Sodium 120mg 5%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 3g Added Sugars 6%

Protein 5g 11%

Vitamin D 0.33mcg 0%

Calcium 50mg 4%

Iron 0.81mg 5%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

