

Blueberry & Almond 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 12 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 40 MIN
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INGREDIENTS

2 cups	Old Fashioned Oats (not instant/quick)
2 tsp	Cinnamon, ground
1 tsp	Baking Powder
¼ tsp	Kosher Salt
2 medium	Bananas, ripe
2 large	Eggs
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, cinnamon, baking powder, and salt.
3. In a large bowl, mash the bananas with a fork until they are smooth. Add the 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. Add the blueberries and mix until just combined.
6. Using an ice cream scoop, divide the mixture into the 12 prepared muffin cups. If additional batter remains, fill another muffin pan until all batter is gone.
7. Scatter the almonds evenly over the top of the oatmeal cups.
8. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. Transfer to a cooling rack to cool before serving or storing.

Nutrition Facts

12 servings per container

Serving size 1 muffin (82g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 100mg 4%

Total Carbohydrate 21g 8%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 4g Added Sugars 8%

Protein 4g 8%

Vitamin D 0.2mcg 2%

Calcium 60mg 4%

Iron 1mg 6%

Potassium 130mg 2%

* 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.

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