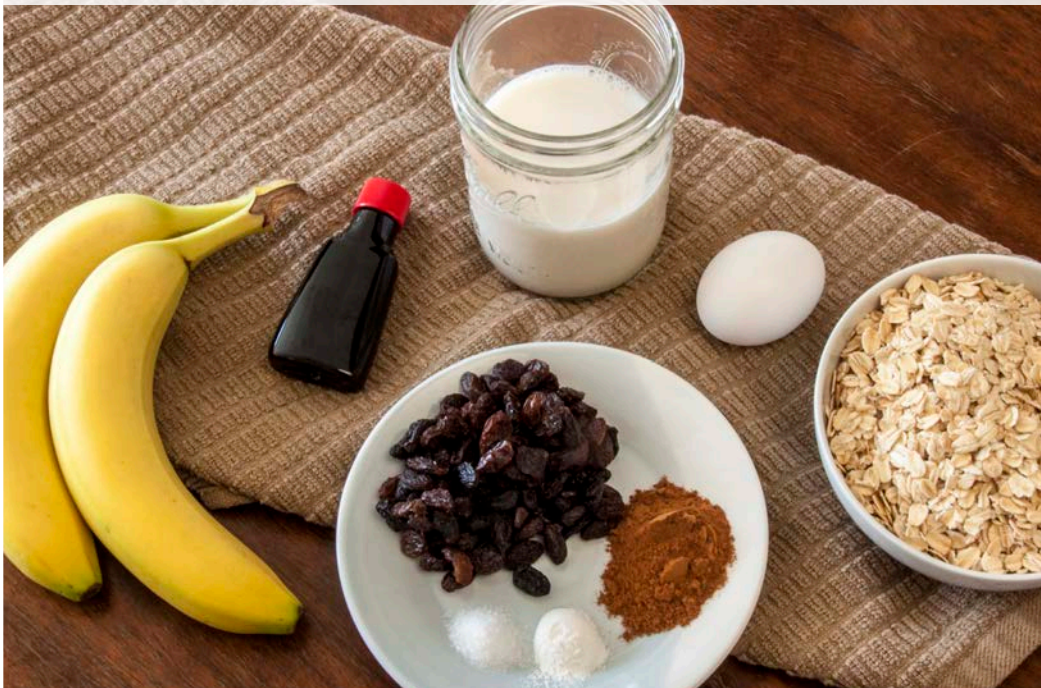



# Banana Baked Oatmeal

Make this recipe over the weekend and have breakfast ready to eat all week long. Store leftovers in the refrigerator for one week.



**Don't have bananas?**  
**Use 1 cup canned pumpkin or applesauce.**

More recipes are available at  
[pittsburghfoodbank.org/recipecards](http://pittsburghfoodbank.org/recipecards)

Greater Pittsburgh  
**community  
food bank**   
412-460-3663 | [pittsburghfoodbank.org](http://pittsburghfoodbank.org)



Add oats, raisins, cinnamon, baking powder and salt to a bowl.



Peel and mash banana in bowl.  
Add milk and egg. Stir to mix.



Mix wet and dry ingredients. Add to a baking dish. Bake for 30 minutes.

# Banana Baked Oatmeal

**Preparation time:** 10 minutes | **Cook time:** 30 minutes | **Cost:** \$2.50

## Ingredients:

- 2 cups **rolled** or **quick oats**
- 1/2 cup **raisins**
- 2 teaspoons **cinnamon**
- 1/2 teaspoon **baking powder**
- 1/4 teaspoon **salt**
- 2 **bananas**, peeled
- 1 cup **low fat milk**
- 1 **egg**
- 1 teaspoon **vanilla** (optional)

## Directions:

1. Preheat oven to 350°.
2. Add oats, raisins, cinnamon, baking powder and salt to a bowl. Stir to mix.
3. In a separate bowl, mash the banana with a fork. Add milk and egg. Add vanilla, if using. Stir to mix.
4. Add wet ingredients to the dry ingredients. Stir to mix.
5. Pour oatmeal mixture into an 8-inch by 8-inch baking dish or bread pan. Bake for 25-30 minutes.

Makes 6 servings

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 125mg	5%
Total Carbohydrate 41g	15%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 0g Added Sugars	0%
<b>Protein 7g</b>	
Vitamin D 1mcg	6%
Calcium 132mg	10%
Iron 1mg	6%
Potassium 409mg	8%

\*The % Daily Value 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.

