

Blueberry Almond Coconut Baked Oatmeal

Ingredients (serves 1)

- 1 ripe banana, mashed up
- 1/4 cup milk of choice
- 1/4 cup (generous) vanilla 0% greek yogurt or a flavored yogurt if you like.
- 2 Tablespoons sweetened shredded coconut
- 1/2 tsp almond extract (to taste, you can add more or less, I like lots)
- 1/4 tsp baking powder
- Just a Pinch of cinnamon
- 1/2 cup old fashioned oats
- 1/2 cup fresh blueberries

Instructions

1. Preheat the oven to 350 F and spray a large single-serving ramekin with non-stick spray.
2. In a medium bowl mix banana, milk, almond extract and yogurt.
3. Mix in the coconut.
4. Mix in the oatmeal, baking powder, cinnamon. (No need to mix these dry ingredients in a separate bowl first, just dump it all in the same bowl and mix it together,)
5. Gently stir in the blueberries.
6. Sprinkle a little coconut on top.
7. Transfer to the prepared ramekin and bake for 20-25 minutes.

Nutrition Info

Calories – 410

Carbs – 74g

Fat – 9g

Protein – 14g

Potassium – 686mg

Sugars – 30g

Fiber – 10g

Sugar – 39g

Sodium – 521mg

Cholesterol – 0mg

Calcium – 23%

Vitamin C – 28%

Vitamin A – 5%

Iron – 14%