

Banana (Nut) Bread Baked Oatmeal

Prep Time: 5 min Cook Time: 20 min

Ingredients (serves 1)

1/2 cup regular rolled oats

1/4 tsp baking powder

1/2 – 1 tsp of pumpkin pie spice (to your taste)

1/4 tsp cinnamon

1/3 heaping cup of pumpkin (more is better in my mind)

1/3 cup milk of choice

1/4 tsp yogurt of choice

20 Ghirardelli choc chips (you need these to make it sweet, if you omit be sure to add some 1 T honey)

Instructions

1. Preheat oven to 350 degrees F. Spray a single-serving ramekin with nonstick cooking spray.
2. In a medium-sized bowl, mix together yogurt, milk, and pumpkin.
3. Mix in oats, baking powder, cinnamon and pumpkin pie spice until combined to wet ingredients and stir until combined.
4. Add in Choc chips.
5. Pour into the prepared ramekin. Bake for 18-22 minutes.