

# 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 - 3/4 tsp cinnamon

1 ripe banana

1/3 cup milk of choice

1/2 tsp vanilla extract

16g of Walnuts (to taste, you can add more just remember walnuts are very high in calories and fat)

## Instructions

1. Preheat oven to 350 degrees F. Spray a single-serving ramekin with nonstick cooking spray.
2. In a small bowl, mix oats, baking powder, and cinnamon until combined.
3. In a medium-sized bowl, mix together banana, milk, and vanilla extract.
4. Add dry ingredients to wet ingredients and stir until combined.
5. Add in Walnuts
6. If you'd like to add any extra ingredients (coconut oil, dried fruit, nuts, sunflower seeds), do so now.
7. Pour into the prepared ramekin. Bake for 18-22 minutes.

## Nutrition Info (with walnuts)

Calories – 383

Carbs – 60g

Fat – 14g

Protein – 11g

Potassium – 763mg

Sugars – 18g

Fiber – 9g

Sodium – 361mg

Cholesterol – 0mg

Calcium – 18%

Vitamin C – 18%

Vitamin A – 5%

Iron – 18%