

# Baked Banana Oatmeal

A delicious, low-calorie, large portion, custard-like oatmeal cake for breakfast! You will need 2.5 bananas for this recipe to meet the nutritional information requirements on the label. Feel free to use a whole banana instead of a half banana in the last step, just account for the extra calories!

Preheat oven to 375 degrees. Grease 9" pie plate with cooking spray. Slice one banana and line the bottom of the plate.

## Combine dry ingredients:

2 cups rolled oats  
1 tsp baking powder

## Combine wet ingredients:

1 egg, beaten  
1 mashed banana  
1.5 cups skim milk  
1 tsp vanilla

Pour the wet ingredients into the dry ingredients. Mix well. Pour batter into plate. Bake for 25 minutes or until toothpick inserted into center comes out clean. Sprinkle 1 heaping tablespoon of brown sugar on top and place under broiler for another 5 minutes.

Slice and place into bowl. Top with sliced, half banana, half cup skim milk and one packet of splenda to sweeten!



# Nutritional Information

4 Servings, 1/4 of pie

## Nutrition Facts

Kath Eats

Baked Banana Oatmeal

Serving Size: 1 serving

Amount Per Serving

Calories 277

Total Fat 27.6g

Saturated Fat 3.9g

Trans Fat 0g

Cholesterol 52mg

Sodium 204mg

Carbohydrate 46.4g

Dietary Fiber 5.5g

Sugars 7.3g

Protein 10.8g

Vitamin A 7% Vitamin C 12%

Calcium 26% Iron 10%