



January 26- Baked Oatmeal with Blueberries

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1981285>

Recipe:

Ingredients:

- 2 bananas
- 1 ½ cup blueberries
- 4 Tablespoon honey
- 1 cup quick oats
- ¼ cup chopped pecans
- ½ teaspoon baking powder
- ¾ teaspoon cinnamon
- 1 cup fat-free milk
- 1 egg
- 1 teaspoon vanilla

Directions:

1. Preheat oven to 375°F. Grease 8"x8" baking dish with cooking spray.
2. Arrange banana slices in single layer on bottom of dish. Sprinkle half of the blueberries over bananas, ¼ teaspoon cinnamon and 1 Tablespoon honey; cover with foil and bake 15 minutes.
3. In medium bowl, combine oats, half of nuts, baking powder, and remaining cinnamon; stir together.
4. In a separate bowl, combine 3 Tablespoon honey, milk, egg and vanilla.
5. Remove bananas from oven and pour oat mixture over bananas and blueberries. Pour the milk mixture over the oats and sprinkle with remaining blueberries and walnuts over the top.
6. Bake for 30 minutes, or until top is golden brown.

Yield 6 servings

Nutrition Facts

Serving Size 1 slice (158.23g)
Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 30mg **11%**

Sodium 30mg **1%**

Total Carbohydrate 38g **13%**

Dietary Fiber 4g **16%**

Sugars 22g

Protein 5g **11%**

Vitamin A 4% • Vitamin C 10%

Calcium 10% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.