

Banana Baked Oatmeal

Makes 12 Servings

Ingredients:

- 3 cups oatmeal
- 2 tsp baking powder
- 1 ½ tsp cinnamon
- 1 tsp salt
- ¼ cup Swerve® brown sugar substitute
- ¼ cup vegetable oil
- 1 ripe banana
- 1 cup low-fat milk (for nutrient analysis Fairlife® skim milk was used)
- 2 eggs
- 1 tsp vanilla
- 1/3 cup chocolate chips (optional)
- ½ cup fresh berries (blueberries, raspberries, blackberries) (optional)
- 1/3 cup walnuts chopped (optional)

Directions:

1. Preheat oven to 350°F and spray 9"x12" pan with nonstick spray.
2. Mix dry ingredients in a large bowl.
3. Mix wet ingredients in a medium bowl.
4. Stir wet ingredients into dry ingredients and mix well.
5. Spread mixture into greased pan and bake for 25-30 minutes.
6. Serve warm with or without milk.
7. Store in refrigerator. Best if microwaved prior to serving.

Nutrition Information per Serving with Chocolate Chips:

- Calories: 165
- Protein: 5gm
- Carbohydrate: 18 gm
- Fat: 12 gm
- Fiber: 3 g