

Baked Oatmeal with Blueberries and Bananas

Modified from [Ambrosia Baking](#)

[Skinnytaste.com](#)

Servings: 6 • **Serving Size:** 1/6th • **Old Points:** 4 pts ~~λ~~ **Points+:** 6 pts

Calories: 211.7 • **Fat:** 5.4 g • **Protein:** 5.6 g • **Carb:** 38.1 g • **Fiber:** 3.8 g • **Sugar:** 22.8 g

Sodium: 76.9 mg (without salt)

Ingredients:

- 2 medium ripe bananas, (the riper the better) sliced into 1/2" pieces
- 1 1/2 cup blueberries
- 1/4 cup honey (or agave)
- 1 cup uncooked quick oats
- 1/4 cup chopped walnuts or pecans
- 1/2 tsp baking powder
- 3/4 tsp cinnamon
- pinch of salt
- 1 cup fat free milk (or any milk you desire)
- 1 egg
- 1 tsp vanilla extract

Directions:

Preheat the oven to 375° F. Lightly **spray** a 8 x 8" or 9 x 9" ceramic baking dish with cooking spray; **set** aside.



Arrange the banana slices in a single layer on the bottom of the ceramic dish. **Sprinkle** half of the blueberries over the bananas, 1/4 tsp of the cinnamon, 1 tbsp of the honey and cover with foil. **Bake** 15 minutes, until the bananas get soft.

Meanwhile, in a medium bowl, **combine** the oats, half of nuts, baking powder, remaining cinnamon, and salt; **stir** together. In a separate bowl, **whisk** together the remaining honey, milk, egg, and vanilla extract.



Remove the bananas from the oven, then **pour** the oat mixture over the bananas and blueberries.

Pour the milk mixture over the oats, making sure to distribute the mixture as evenly as possible over the oats. **Sprinkle** the remaining blueberries and walnuts over the top.

Bake the oatmeal for about 30 minutes, or until the top is golden brown and the oatmeal has set. **Serve** warm from the oven.