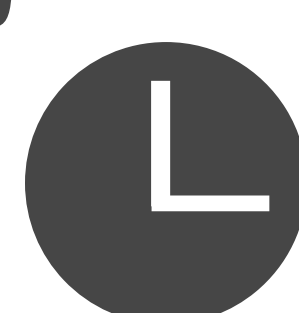


Peanut Butter Banana Baked Oatmeal



Prep: 10
Cook: 30



Serves: 6



Ingredients:

- 3 ripe bananas
- 2 cups rolled oats
- 1/4 cup pure maple syrup
- 1 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 2 cups unsweetened almond milk
- 1 tbsp. ground flaxseeds or chia seeds
- ¼ cup natural peanut butter
- 2 tsp. pure vanilla extract
- cooking spray



Follow these 3 easy steps:



1

1. Preheat the oven to 375°F. Spray an 8-inch square baking dish with cooking spray. In a large mixing bowl, mix together the bananas, oats, baking powder, cinnamon, and salt. Add in the milk, maple syrup, flaxseed or chia seeds, peanut butter, and vanilla. Stir well to combine.



2

2. Carefully pour oatmeal mixture into the prepared baking dish.



3

3. Bake for 30 to 35 minutes, until the top is nicely golden. Remove from the oven and let cool for a few minutes.

And voila! It's done!

