

## Baked Banana and Chocolate Chip Oatmeal

### Ingredients:

- 2 cups rolled oats
  - May use gluten free
- 1 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg (*optional*)
- 1/2 tsp. baking soda
- 1/2 tsp. sea salt
- 1 Egg
  - Egg-free: sub 1 Tbsp. flax meal + 3 Tbsp. water – let set for 5-10 minutes
- 3 bananas (ripe/brown), mashed
- 1 3/4 cups Milk
  - non-dairy milk of choice to make dairy-free)
- 1 tsp. vanilla extract
- 1/2 cup chopped walnuts (*optional*)
  - Not added in the video
- 1/4 cup semi-sweet chocolate chips
  - May add berries instead of chocolate chips

### Instructions:

1. Pre-heat oven to 375°F. Grease a 9×9 baking dish and set aside.
2. In a bowl, mash the bananas and add dry ingredients. Mix together until combined.
3. Add the wet ingredients (egg, vanilla, milk) to the dry mixture and mix together until well combined.
4. Transfer batter to baking dish. Top with a few extra walnuts and chocolate chips.
5. Bake in the oven for 35-40 minutes or until center is cooked through.
6. Remove from oven and let cool for 10-15 minutes before serving.
7. Serve topped with peanut butter, banana slices, chopped walnuts, cinnamon, berries and/or yogurt.
  - a. If reheating on a different day, microwave for approximately 30 seconds to warm and re-melt the chocolate chips.

*Recipe derived from The Real Food RDs: [therealfoodrds.com](http://therealfoodrds.com)*