

Banana Baked Oatmeal

9 ingredients · 1 hour 10 minutes · 9 servings



Directions

1. Combine the oats, ground flax and 2/3 of the walnuts in a large mixing bowl.
2. In a second mixing bowl combine the mashed banana, maple syrup, almond milk, vanilla, salt and cinnamon, if using. Stir the banana mixture into the oat mixture until well combined. Let the batter rest for at least 20 minutes.
3. Preheat the oven to 350°F (176°C). Line a baking dish with parchment paper.
4. Transfer the batter to the prepared baking dish and top with the remaining walnuts. Bake for 30 to 35 minutes or until golden brown around the edges and just spongy to the touch.
5. Let cool slightly before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Baked oatmeal is easier to cut into squares when cooled fully.

Serve it With

Sliced banana, more walnuts, nut butter, shredded coconut, melted coconut butter or chia jam.

Baking Dish

A 9 x 9 inch ceramic baking dish was used to create the standard nine servings.

Banana

Four bananas are equal to approximately 1.5 cups of mashed banana.

Ingredients

- 2 1/2 cups Oats (rolled)
- 1/2 cup Ground Flax Seed
- 1 cup Walnuts (chopped, divided)
- 4 Banana (small, very ripe, mashed)
- 1/3 cup Maple Syrup
- 1 1/2 cups Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 tsp Cinnamon (optional)