



# Blueberry Baked Oatmeal

*This oatmeal is healthy, filling and can be reheated quickly during your morning rush. This dish provides a thicker consistency similar to a crisp, but healthy! There is no reason to skip breakfast with this on hand. Make up a batch on Sunday night and you've got a delicious and nutritious oatmeal breakfast you'll want to eat all week.*

Prep: 15 minutes • Total: 45 minutes (includes baking time)

## Ingredients:

|                           |          |          |
|---------------------------|----------|----------|
| Old fashioned rolled oats | 1 cup    | 250 mL   |
| Chopped walnuts           | ¼ cup    | 60 mL    |
| Baking powder             | ½ tsp    | 2 mL     |
| Cinnamon                  | 1 tsp    | 5 mL     |
| Honey or maple syrup      | ¼ cup    | 60 mL    |
| Skim milk                 | 1 cup    | 250 mL   |
| Egg                       | 1 each   | 1 each   |
| Margarine                 | 2 Tbsp   | 30 mL    |
| Vanilla extract           | 1 tsp    | 5 mL     |
| Ripe bananas sliced       | 2-3 each | 2-3 each |
| Blueberries               | 1 cup    | 250 mL   |

## Directions:

1. Preheat oven to 375<sup>o</sup>F.
2. Grease a 2 quart baking dish. In a medium bowl, mix the oats, half the walnuts, baking powder, and cinnamon. Stir to combine.
3. In a separate bowl combine the honey, milk, egg, margarine, and vanilla
4. Spread the sliced bananas in a single layer over the bottom of the baking dish. Top with half the berries. Sprinkle the dry oat mix over the fruit in an even layer. Pour the liquid ingredients evenly over the oats.
5. Sprinkle the remaining nuts and berries over the top. Bake for 35-40 minutes until the top is browned and the oats have set.

## Nutrition Facts

|  |                             |                        |         |
|--|-----------------------------|------------------------|---------|
| Serving Size (160g)  |                             | Servings Per Container |         |
| <b>Amount Per Serving</b>  |                             |                        |         |
| <b>Calories</b> 210  | <b>Calories from Fat</b> 60 |                        |         |
| <b>% Daily Value*</b>  |                             |                        |         |
| <b>Total Fat</b> 7g  | <b>11%</b>                  |                        |         |
| Saturated Fat 1g   | <b>5%</b>                   |                        |         |
| Trans Fat 0g   |                             |                        |         |
| <b>Cholesterol</b> 30mg  | <b>10%</b>                  |                        |         |
| <b>Sodium</b> 115mg  | <b>5%</b>                   |                        |         |
| <b>Total Carbohydrate</b> 36g  | <b>12%</b>                  |                        |         |
| Dietary Fiber 4g   | <b>16%</b>                  |                        |         |
| Sugars 11g   |                             |                        |         |
| <b>Protein</b> 6g  |                             |                        |         |
| Vitamin A 6%   | • Vitamin C 10%             |                        |         |
| Calcium 8%   | • Iron 6%                   |                        |         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |                        |         |
|  | Calories:                   | 2,000                  | 2,500   |
| Total Fat  | Less than                   | 65g                    | 80g     |
| Saturated Fat  | Less than                   | 20g                    | 25g     |
| Cholesterol  | Less than                   | 300mg                  | 300mg   |
| Sodium   | Less than                   | 2,400mg                | 2,400mg |
| Total Carbohydrate   |                             | 300g                   | 375g    |
| Dietary Fiber  |                             | 25g                    | 30g     |
| Calories per gram:   |                             |                        |         |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |                        |         |

*Adapted from: So how's it taste*

Makes 6 servings • 1 serving = 1 square (2.5 by 3 inches)

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