

Berry Oatmeal Bake



Photo: Jacque Scaramella

Ingredients

Dry Mixture:

- 2 cups rolled oats
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/4 tsp. salt
- 2 scoops unflavored whey protein or 40g collagen peptides

Wet Mixture:

- 2 cups non-fat milk
- 2 large eggs
- 1 tbsp. vanilla extract
- 2 tbsp. honey
- 2 medium ripe bananas, mashed
- 2 cups frozen mixed berries
- 1/2 cup slivered almonds
- 1/2 cup walnuts, chopped

Prep Time 60 minutes

Servings 8 servings

Difficulty



Nutrition

Per 1/8 of recipe

297 calories

34g carbohydrates

15g protein

12g fat

5g fiber

282mg sodium

Dietary

Contains eggs, milk, and nuts

Source

Adapted from Cheta Emba, USA Women's Rugby 7s National Team

Directions

Preheat oven to 375°F and grease a 2 quart glass baking dish with butter or non-stick spray.

In a medium bowl combine dry mixture until evenly mixed.

In a large bowl whisk together milk, eggs, vanilla extract, honey and mashed bananas. Add dry mixture to the bowl and mix until just combined.

Place half of berries into a the baking dish in an even layer.

Pour batter over berries. Add the rest of the berries on top.

Top with almonds and walnuts, and sprinkle a bit more cinnamon over the top.

Bake uncovered for 40-50 minutes until golden brown. Optional: finish under broiler for 2-3 minutes for a crunchy topping.

Allow to cool slightly, then cut into 8 even portions. Can be enjoyed cold or warm.

Store in the fridge, covered, for up to 5 days or freeze for up to 2 months. Can be reheated in the microwave.

Notes

This oat bake is protein and fiber rich. It is also a good source of iron with 10 mg per serving, and calcium with 500mg per serving. Non-dairy milk alternatives can be substituted for non-fat milk. Honey may not be needed to sweeten if using flavored whey protein powder. Other fruits such as apples, pears and peaches can be used in place of berries if desired.