



Simple | Healthy | Delicious

This simple, nutritious recipe serves as a great breakfast or snack. Great for a group brunch, too! Enjoy plain or topped with yogurt or fresh fruit.

Oatmeal Breakfast Bake



INGREDIENTS

Dry:

- 1 cup almond flour/meal, packed
- 2 cups oats (make sure they are GF certified if you need this recipe to stay GF)
- 1/3 cup ground flaxseed
- 1/3 cup sugar
- 2 Tbsp. cinnamon
- 1 tsp. baking powder

Wet:

- 2 very ripe bananas, mashed
- 3 eggs, beaten
- 1 cup Almond Breeze almond coconut milk
- 1 tsp. vanilla extract

DIRECTIONS:

1. Preheat oven to 375.
2. In a large bowl, mix dry ingredients.
3. In a separate bowl, mash bananas. Beat in eggs with bananas, then add almond coconut milk and vanilla extract and mix. Add wet ingredients to dry, stirring gently until mixed.
4. Coat a baking dish (mine is 9×13 and about 1 inch deep) with cooking spray; pour in batter.
5. Bake for 20 minutes; fork check to test doneness. Serve warm.

Nutrition Facts: when divided into 8 servings: 295 kcals, 13.6 g fat (1.8g saturated, 2.4g polyunsaturated, 1.7g monounsaturated), 100g sodium, 36g carbs, 7g fiber, 14g sugar, 10g protei