

BAKED STEEL CUT OATS

Makes 9 servings

1 cups rolled oats	1 1/2 teaspoons cinnamon	1/4 cup maple syrup
1 cup steel cut oats	1/2 teaspoon salt	1 large egg
1 cup walnuts, toasted and chopped	2 cups low-fat milk	2 teaspoons vanilla extract
2 tbsp chia seeds	1 tablespoon unsalted butter, melted and cooled slightly + a little to butter the pan	2 bananas, sliced
1 teaspoon baking powder		1 1/2 cups berries

Preheat the oven to 375 degrees. Lightly butter the inside of a square 8-inch baking dish. In a bowl, combine the rolled oats, steel cut oats, half of the walnuts, chia seeds, baking powder, cinnamon, and salt. In another bowl, whisk together the maple syrup, the milk, egg, butter, and the vanilla. Spread a single layer of bananas across the bottom of the baking dish. Sprinkle about two-thirds of the berries on top. Cover all that with the oat mixture and then drizzle the milk mixture over the oats. Scatter the remaining berries and walnuts over the top. Bake for 35 to 45 minutes, until the top is golden and the oats are set. Let cool for a few minutes before serving. This recipe is an easy breakfast when reheated or serves as an excellent cold breakfast with non-fat Greek yogurt.

Nutrition Analysis per serving— 275 calories | 32g carbohydrate | 6g fiber | 9g protein

Adapted recipe by Heidi Swanson | 101 Cookbooks

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