

Cranberry Pear Walnut Baked Oatmeal

Recipe adapted from www.healthy-liv.com
Makes 9 servings



Liquid Ingredients

- 1 ¼ cups milk or milk alternative
- 2 small bananas or 1 large banana, mashed
- 2 tsp vanilla extract
- 2 T honey
- 1 T melted coconut oil (or butter)
- ¾ cup fresh or frozen cranberries
- 1 large or 2 small pears, peeled and diced
- ½ cup chopped almonds (or other nuts)

Dry Ingredients:

- 2 cups quick-cooking oats
- ¾ tsp baking powder
- 1 tsp cinnamon
- ¼ tsp salt

Directions:

- Preheat the oven to 375 degrees Fahrenheit
- In a medium bowl, mix together the oats, baking powder, cinnamon and salt.
- In large measuring cup, mix together the milk or milk alternative, honey, eggs, and vanilla. Add this liquid mixture to the bowl with the dry ingredients and stir until combined, and then add in the mashed banana
- Slowly pour in the melted coconut oil (or butter), while stirring
- Fold in the cranberries, diced pear and chopped almonds
- Grease an 8X8 or 9X9 baking dish with butter or cooking spray
- Pour the oat mixture into the baking dish and bake for 25-28 minutes, until the oatmeal is set, and an inserted toothpick comes out mostly clean.
- Let cool for 10 minutes in the pan and then serve.

Nutrition per Serving (Divided into 9 servings): 203 calories; 5 g total fat, 133 mg sodium; 39g carbohydrates; 3 g fiber; 4 g protein