



Banana Baked Oatmeal 'Breakfast Cake'

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Breakfast

Prep Time: 10 mins **Cook Time:** 30 mins **Difficulty:** Easy **Servings:** Serves 4-6 **Source:** Fiber Fueled book page 320 via simplynutritious.net

INGREDIENTS

1 large banana sliced

1 1/2 cups quick oats

2 tablespoons ground flaxseed

1/2 teaspoon ground cinnamon

1 teaspoon baking powder

1/4 teaspoon salt

1/4 cup chopped nuts

3/4 cup almond milk

1/3 cup maple syrup

1 teaspoon vanilla extract

DIRECTIONS

Preheat oven to 350°. Lightly oil a 8 x 8" baking dish.

Place sliced bananas in a single row on the bottom of the pan and set aside.

In a medium bowl whisk together oats, flax, cinnamon, baking powder, nuts, and salt.

In a separate medium bowl whisk together almond milk, maple syrup, and vanilla.

Add wet mixture to the dry mixture and stir until combined.

Gently spread mix over sliced bananas.

Place in oven and cook for 30 minutes, or until golden brown and set.

Top with almond milk, berries, and chopped nuts!

NOTES

You can substitute 1/2 cup date paste for the maple syrup (purred water-soaked dates)