

Peanut Butter Banana Oatmeal Bake

6 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C). Line a square or loaf pan with parchment paper, or grease it with your choice of oil.
2. Cut half of your bananas into slices, and mash the remaining half with the back of a fork.
3. In a mixing bowl, combine the oats, milk, maple syrup, chia, mashed bananas, and 2/3 of the peanut butter.
4. Transfer the mixture to your pan. Top with banana slices and drizzle the remaining peanut butter over top. Bake for 35 minutes and let cool slightly before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

No Peanut Butter

Use sunflower seed, almond, cashew or hazelnut butter instead.

No Maple Syrup

Use honey, dates, stevia or extra banana instead.

No Almond Milk

Use cashew milk or regular milk.

More Fibre

Add ground flax seed.

Ingredients

- 2 Banana (divided)
- 2 cups Oats (quick or traditional)
- 2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Chia Seeds
- 1/3 cup All Natural Peanut Butter (divided)

Nutrition

Amount per serving

Calories	421	Calcium	305mg
Fat	19g	Iron	3mg
Saturated	3g	Vitamin D	50IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	4g	Thiamine	0.2mg
Monounsaturated	8g	Riboflavin	0.3mg
Carbs	56g	Niacin	4mg
Fiber	9g	Vitamin B6	0.4mg
Sugar	16g	Folate	46µg
Protein	13g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	260mg
Sodium	89mg	Magnesium	140mg
Potassium	575mg	Zinc	2mg
Vitamin A	287IU	Selenium	13µg
Vitamin C	5mg		

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