



BANANA BREAD BAKED OATMEAL



INGREDIENTS

ITEM	QUANTITY
• Rolled Oats (Certified Gluten-free)	½ cup
• Ripe Banana	½
• Egg	1
• Lactose-free Milk	½ cup
• Maple Syrup	1 tsp.
• Vanilla Extract	¼ tsp
• Cinnamon	¼ tsp
• Baking Powder	¼ tsp
• Pinch of Salt	

SERVING SIZE 1



PREPARATION

- 👉 Preheat oven to 350°F (175°C). Lightly grease a small ramekin or oven-safe dish.
- 👉 In a mixing bowl, mash the banana until smooth with minimal lumps.
- 👉 Add the egg and whisk until fully combined with the banana.
- 👉 Pour in lactose-free milk, maple syrup, and vanilla extract. Mix until smooth.
- 👉 Add oats, cinnamon, baking powder, and salt. Stir until all dry ingredients are fully incorporated and no dry pockets remain.

👉 Pour the mixture into the prepared ramekin and smooth the top with a spoon.

👉 Bake for 22-25 minutes, or until the center is set and the top is lightly golden.