

Customizable Baked Oatmeal

INGREDIENTS:

- 2 cups old-fashioned rolled oats
- 1/4 cup chia seeds or flax or hemp (ok to omit or used chopped nuts)
- 1 teaspoon baking powder (can omit if you don't have)
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 cup milk (I used coconut milk) (kefir, buttermilk, water) (evaporated milk)
- 1 cup plain Greek yogurt (can use canned pumpkin or can use water and protein powder)
- 1 egg (1/4 cup mashed banana, applesauce, pumpkin)
- 1 teaspoon pure vanilla extract
- 1 banana, sliced
- 2 tablespoons coconut oil (ghee, butter)
- Optional (any of the following): 1/2 cup dried cranberries or raisins, 1 cup fresh or frozen berries, 1/2 cup chocolate chips, 1 to 2 scoops protein powder (adjust the sweetener if has stevia), drizzle of maple syrup on top



INSTRUCTIONS:

- Preheat oven to 350°F and grease an 8 x 8 baking dish with coconut oil, set aside.
- In a large mixing bowl, mix together oats, chia seeds, baking powder, cinnamon, salt, and protein powder*, if desired.
- Add milk, yogurt, egg, and vanilla and mix until combined. Gently fold in banana slices and other desired mix-ins (see suggestions below)
- Transfer the oat mixture to the prepared baking dish. Using a spatula, smooth the top. Add a few additional banana slices (or your desired topping).
- Bake at 350°F for 25-30 minutes, until the top and edges are golden brown.

NOTES

- *I love using protein powder to add more nutrition to baked goods. My favorites are Garden of Life, Vega, Dr. Axe Bone broth protein

Options:

- **Chocolate Orange High Protein Baked Oatmeal** – use a 1-2 scoops of chocolate protein powder or 1-2 tablespoons of unsweetened cocoa powder
- **Berry Baked Oatmeal** – add a cup of fresh or frozen berries to the mixture for a juicy berry in each bite
- **Banana Nut/Seed Butter Baked Oatmeal** – add a sliced banana and a swirl of nut/seed butter on top
- **Frozen fruit on bottom** – add 1 to 2 cup in bottom of pan and add oatmeal mixture to the top then bake.