

Baked Banana Choco chip Oatmeal

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Ingredients

2 cups rolled oats

1 ½ teaspoon cinnamon

½ teaspoon baking soda

½ teaspoon salt

1 egg

3 ripe bananas

1 cup soy milk (can be substituted with any milk)

⅓ cup ground flaxseed

1 teaspoon vanilla

⅓ cup chocolate chips

optional: ¼ cup nuts of any kind

Directions

Preheat oven to 375F/185C. Grease a 9x9 baking dish and set aside. In a bowl combine all of the ingredients and stir until well combined. Spoon batter into the baking dish and top with a few extra chocolate chips. Bake in the oven for 35-40 minutes or until the center is cooked through. Remove from oven and let cool for 10-15 minutes before serving.

Notes

Store covered at room temperature for 2-3 days, or freeze to enjoy at another time.