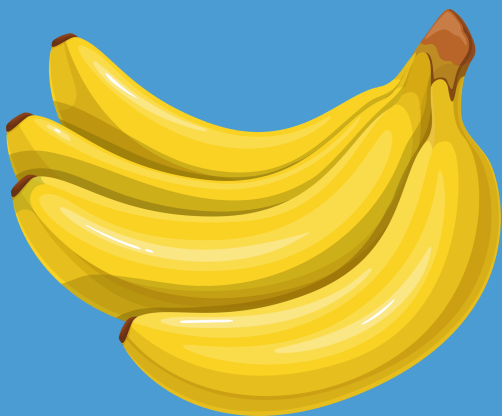


HAPPY NATIONAL BANANA DAY!

Bananas are the perfect on-the-go snack, but they tend to ripen faster than we can eat them! Instead of letting them go to waste, put those overripe bananas to good use!



**SWIPE FOR A DELICIOUS
BREAKFAST RECIPE THAT USES
YOUR OVERRIPE BANANAS!**

BANANA BAKED OATS

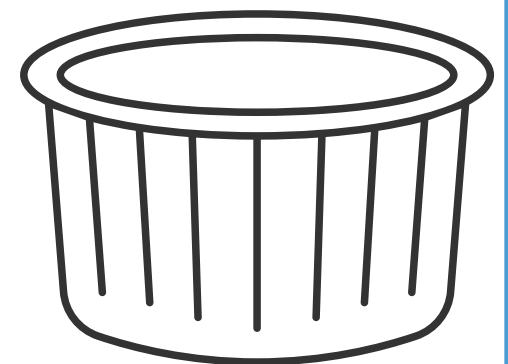
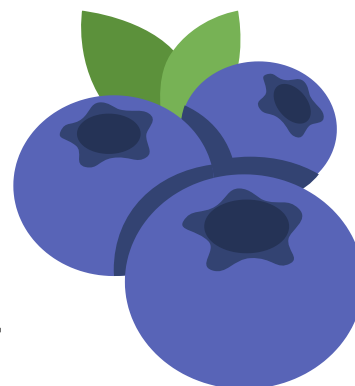
MAKES 4 SERVINGS

INGREDIENTS:

- Cooking spray/butter
- 2 eggs
- 2 cups rolled oats
- 1 cup 1% milk
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 large bananas
- 1 ½ cups fresh blueberries, divided
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 cup fat-free plain Greek yogurt

EQUIPMENT:

- Blender
- Measuring cups & spoons
- Four 8-oz. Ramekins & baking sheet (or muffin tin)
- Oven



BANANA BAKED OATS



STEPS:

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Grease four 8-ounce ramekins (or 8–10 cups in a muffin tin, if using) with cooking spray or butter. Place ramekins on a baking sheet.
3. In a blender on high speed, blend the eggs, oats, milk, baking powder, and salt until the mixture is smooth and resembles pancake batter.
4. Add the bananas, 1 cup of the blueberries, honey, and vanilla; pulse until puréed to a smoothie-like texture.
5. Divide the batter evenly among the ramekins or 8–10 muffin cups, filling each about $\frac{3}{4}$ full. Divide $\frac{1}{4}$ cup of blueberries evenly on top.
6. Bake until golden around the edges and puffed: 25–30 minutes for ramekins or 10–15 minutes for muffin tins. Check for doneness by inserting a toothpick into the center; if it comes out clean, they're done. Let cool for 5 minutes before serving.
7. Serve with dollops of Greek yogurt and the remaining $\frac{1}{4}$ cup of blueberries. Enjoy!
8. Store any cooled, un-topped baked oats in an airtight container in the refrigerator for up to 5 days.

BANANA BAKED OATS

FINISHED PRODUCT:



CHECK OUT OUR REELS FOR A
STEP-BY-STEP VIDEO OF THIS
RECIPE IN ACTION!