



Ashley's Meal Prep Monday!



Upside Down Banana Baked Oatmeal

INGREDIENTS

Oatmeal:

- 1 egg
- 2 ripe bananas
- 1 1/3 almond milk
- 1/2 cup creamy peanut butter
- 1 TBSP maple syrup
- 1 TSP vanilla
- 2 cups GF rolled oats
- 2 TSP baking powder
- 1/3 chocolate chips (I used blueberries)

Topping:

- 2 ripe bananas sliced in half length wise
- 2 TBSP coconut sugar
- 1 TSP cinnamon
- 2 TBSP water

Preheat oven to 350 and line an 8x8 baking dish. In a large bowl, mash together banana then add in peanut butter, milk, egg, maple syrup and vanilla and mix until smooth. Mix in oats and baking powder then fold in chocolate chips or blueberries.

In a small bowl, mix together coconut sugar, cinnamon and water and heat for 30 seconds in the microwave. Add the sliced bananas, cut side down onto baking dish then pour the coconut sugar water mixture on top.

Add the oat mixture then bake in oven for 45-50 minutes or until fully cooked. Allow the baked oatmeal to cool for 30 minutes then top with a cutting board and carefully flip and cut into pieces



Recipe: rachlmansfield.com

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