COOKIE BAKED OATMEAL

INGREDIENTS:

- 1/2 cup oats
- 1/2 banana
- 1 organic egg
- 1/4 cup unsweetened vanilla or regular milk of choice
- pinch sea salt
- 1/4 tsp baking soda
- chocolate chips (optional - for topping)



NUTRITION PER SERVING:

- Calories: 254
- Protein 12g
- Carbs 42g
- Fiber 6g
- Sugar 7g
- Fat 9g
- Sat Fat 2g
- Chol 186mg
- Sodium 162mg

Directions:

- Preheat oven to 350F. Lightly coat an oven-safe mug, ramekin, or baking dish with oil.
- Add all ingredients (except chocolate chips) to a blender and blend until fully combined.
- Pour batter into baking dish. Top with chocolate chips.
- Bake for about 20 minutes. Top with flakey sea salt, let cool, and enjoy!

Makes 1 Servings

Reference: https://CallasCleanEats.com