

Baked Banana Oatmeal

A high-fibre, nutritious baked oatmeal that will be your new breakfast favourite. Try this easy-to-prepare treat and don't forget to make enough for the week!

This baked oatmeal calls for **CanPrev's Fibre Feel**, which can help to lower cholesterol, stabilize blood sugar, and balance hunger. Fibre also helps stimulate healthy gut bacteria. Add in **L-Glycine**, an amino acid essential for effective athletic recovery, muscle repair, and collagen synthesis.



Preparation time: 45 mins | Servings: 8



Ingredients

- 2 cups rolled oats
- 2 medium ripe bananas, mashed
- 2 cups plant-based milk of choice
- 3 tbsp maple syrup
- 2 tbsp coconut oil, melted
- 3 tbsp chocolate chips
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/8 cup chopped dates
- 1/8 cup shredded coconut
- 1 tbsp ground flax seed
- 3 tbsp water
- 1/8 cup Fibre Feel
- 1/8 cup L-Glycine

Method

1. Preheat oven to 350F. Prepare baking pan by greasing it with coconut oil or lining it with parchment paper.
2. Using a large bowl, combine the flaxseed and water. Mix well and allow to sit for 5 minutes.
3. Add the remaining ingredients to the bowl and mix well. Stir in Fibre Feel and L-Glycine last.
4. Pour contents into baking pan. Bake for 35-40 minutes.
5. Allow the oatmeal to cool before slicing and enjoying. To enjoy later, store in the fridge in a glass container. If reheating, add a splash of plant-based milk if desired.

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Developed by: Sylvia Peters



As a Fitness and Health Coach, Sylvia loves to find recipes for her clients that are tasty, fun, and offer added health benefits! Sylvia and her husband own a fitness studio in Halifax, NS.

