










One Pan Oatmeal

This easy one pan oven baked oatmeal is prepped and baked in the same dish, and it's loaded with sweet bananas and frozen berries. Yum!

 Course	Breakfast	 Total Time	30 minutes
 Cuisine	American	 Servings	6 servings
 Diet	Vegan	 Calories	195kcal
 Prep Time	5 minutes	 Author	Yumna Jawad
 Cook Time	25 minutes		

Equipment

- [Rectangular Ceramic 8x11 Baking Dish](#)

Ingredients

- 2 ripe bananas
- 2 cups [rolled oats](#)
- 2 tablespoons [chia seeds](#)
- 2 cups [almond milk](#)
- 2 cups frozen mixed berries
- ½ teaspoon [cinnamon](#)
- Zest of half a lemon
- [Maple syrup](#) for serving



Instructions

1. Preheat oven to 350°F. Lightly coat an 8x11 baking dish with nonstick cooking spray.
2. Use a fork to mash the bananas in the baking dish. Add the oats, followed by the chia seeds and milk. Stir to combine. Add the frozen mixed berries on top. Then sprinkle it with cinnamon and lemon zest.
3. Bake in the preheated oven until the liquid is absorbed, about 25 minutes.
4. Drizzle maple syrup on top before serving, if desired.

Notes

Storage: Store any leftover oatmeal in the baking dish tightly covered with plastic wrap or in an airtight container for up to 4 days. Reheat in the microwave or in the oven until warmed through.

Nutrition

Calories: 195kcal | Carbohydrates: 36g | Protein: 5g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 1g | Trans Fat: 1g | Sodium: 112mg | Potassium: 283mg | Fiber: 7g | Sugar: 10g | Vitamin A: 52IU | Vitamin C: 5mg | Calcium: 147mg | Iron: 2mg