



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

Jenna Smith, MPH, RD

Nutrition & Wellness Educator

Serving McLean, Livingston, & Woodford Counties

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Baked Black Walnut Banana Oatmeal



2 cups rolled oats
1/3 cup black walnuts, chopped
1/4 cup packed light brown sugar
2 teaspoons ground cinnamon
1 teaspoon baking powder
1/4 teaspoon salt

1/4 teaspoon ground nutmeg
2 cups nonfat milk
3/4 cup non-fat plain Greek yogurt
2 Tablespoons canola oil
1 teaspoon vanilla extract
1 large banana, halved and sliced

Instructions: Preheat oven to 375°F. Spray 8x8-inch baking pan with non-stick cooking spray. In a large bowl, combine oats, black walnuts, brown sugar, cinnamon, baking powder, salt and nutmeg. In a separate bowl, whisk milk, yogurt, oil and vanilla. Pour into dry ingredients and stir until well-combined. Gently stir in banana pieces. Pour mixture into prepared baking dish and bake 40-45 minutes until golden brown.

Yield: 6 servings

Nutrition Facts (per serving): 290 calories, 11 grams fat, 230 milligrams sodium, 39 grams carbohydrate, 4 grams fiber, 11 grams protein